Cheyenne & Arapaho TRIBAL TRIBUNE

CHEYENNE & ARAPAHO TRIBES

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Native American language students take honors at fair

By Rebecka Lyman, Reporter

Vá'ôhtáma (Cheyenne-welcome), Wóóukohéi (Arapaho-welcome) students to the 10th annual language fair.

As tribal elders age, fewer fluent speakers are left to teach Native youth to speak their ancestors' Native languages.

On April 2-3, 2012 the Oklahoma Native American Youth Language Fair (ONAYLF) was held at the Sam Noble Museum in Norman Okla.

Today's schools and tribal programs are the ones to encourage the youth to learn and speak their language. Ten years ago the Sam Noble Museum organized the ONAYLF to support such efforts.

Over the course of the two-day event, 32 languages from Native youth in grades PreK-12 were submitted as the students displayed their talents before a panel of judges. More than 70 schools and language programs participated.

In the film and video screening group category second place winner was Watonga High School's Cheyenne class. Pictured above l-r: Jeannette Kimbrough, Alexa Owens, Jesse Richardson, Jordyn Flynn, Tristan Black, Lara Ross, Austin Park, Sunni Hutchinson, Jaylen Flynn, Gerra James, Javis Flynn, Kyla Forney, and Favian Castanon.

"An event like this provides a goal for students to work towards through out the year as they learn their languages," Mary Linn, Sam Noble Museum, Native American Languages curator said. "The fair encourages students and teachers to come together and get a chance to interact with so many others who are learning their Native languages. It is also an opportunity to see Native people across the country and how many people are working together to help prevent languages from being lost."

Photos by Rebecka Lyman

In the sixth through eight grade large group song category, Riverside Indian School students placed first. Pictured l-r: Vrianna Rustin, Arvinlena Miller and Makena Grounds.

She said many tribes place a high value on culture, oratory skills and creativity through expression.

In the film and video screening category, the Watonga High School class placed second.

"The children are so excited to place, we also have three girls who placed first and second in writing books in the Cheyenne language and another one of our students got an honorable mention for her poster," Hollie Youngbear, Watonga High School, Cheyenne I and II counselor said.

The fair provides a venue for young people to share the knowledge of their ancestors and speak their Native languages publicly.

"This is my first time to be at this fair, and the amount of students and teachers in attendance is amazing. Seeing the young people get to use their language publicly and be able to embrace it in an environment where it is sacred and appreciated," Marjorie Linne Tahbone, 2012 Miss World Indian said.

The fair began in April 2003 with nearly 200 people participating. Those who organized the first ONAYLF were Quinton Roman

*See **Language fair**, page 5*

Submitted photo

Members of the Executive Leadership Team and the Cheyenne and Arapaho Tribal Health Board. L-R: Capt. James Gregory, Lt. Cmdr. Joe Bryant, Marie Montin, Frank Seger, Moses Starr, Capt. Carmen Clelland, Deonda Roberson, Allen Sutton, Ruby Sleeper and Robina Henry.

Clinton IHS celebrates five year anniversary

The Clinton Indian Health Center recently celebrated their five-year anniversary of occupation in their new outpatient care center. The event highlighted expansion of some services and the grand opening of the new mammography unit.

The mission of the Indian Health Service (IHS) is to continually strive to raise the physical, mental, social, and spiritual health of American Indians and Alaska Natives to the highest level. The addition of services, such as the mammography unit, will be a vital piece to increase early detection of breast cancer among Native American women in western Oklahoma.

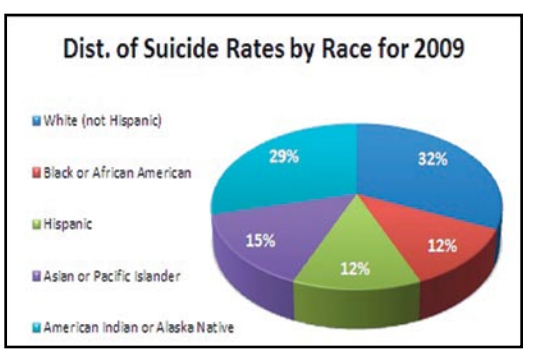
Several leaders were present for the celebration from the Health Board of the Cheyenne and Arapaho Tribes and from the Oklahoma area office for Indian Health Services.

Informational meetings bring communities together in their fight to prevent suicide

By Rosemary Stephens, Editor-in-Chief

The word suicide conjures many thoughts when spoken out loud. It is not a topic many people want to address, but the Cheyenne and Arapaho tribes, tribal members, community members and survivors of suicide knew it was a topic that needed to be talked about.

Suicide prevention and information meetings were held throughout the month of March and into April in many communities, including Kingfisher, Oklahoma City, Watonga, Hammon, Concho and several other communities.



"When a person or adolescent is speaking of how they are going to kill themselves, they are in deep despair and are in need of help. The fact that a person is still alive is sufficient proof that part of him wants to remain alive. The suicidal person has two parts to them; part of him or her wants to live and part of them wants not so much death as he wants the pain to end," Sheila Rowan, Youth and Family Services, El Reno, Okla., counselor said. "It is the part that wants to live that tells another I feel suicidal. If a suicidal person turns to you it is likely that he believes that you are more caring, more informed about coping with misfortune, and more willing to protect his confidentiality. No matter how negative the manner and content of their talk, they are doing a positive thing and have a positive view of you. So don't just blow it off when someone says they are thinking of killing themselves, sit down with them and talk with them, don't be argumentative, show them patience, sympathy and acceptance.

At the Kingfisher, Okla. meeting, Nick Barton, from the George Hawkins Memorial Treatment Center in Clinton, Okla. shared

*See **Suicide information meetings**, page 4*

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Cameron Morton
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A man of a thousand drawings

By Bryan Painter, The Oklahoman

OKLAHOMA CITY (AP)-There were those who referred to actor Lon Chaney Sr. as the "The Man of a Thousand Faces."

Harvey Pratt looks across his desk at some before and after photos and said, "I've probably done a thousand soft tissue reconstruction drawings."

The Oklahoma State Bureau of Investigation forensic artist has been putting a face on crime for decades. When you add on the suspect drawings, skull reconstructions, age progressions and other techniques this 70-year-old Cheyenne and Arapaho tribal member is a man of far more than a thousand faces. Some are still on sketchpads in his office. But just about all of them are in his heart.

Take for example, the case of the abduction of a child in California. Law enforcement agencies across the nation came to Pratt for assistance. On the West Coast, a boy was taken at age 6 and ten years had passed, when Pratt got the call from California law enforcement. He was asked to do an age progression, showing what the child might look like at age 16. His drawing was sent nationally to school systems. A teacher in Texas thought it looked like one of her students.

"They went out and interviewed the boy and interviewed the guy that said he was the guardian," Pratt said. "It turned out to be the little boy that was missing from California."

In another case, a boy was taken in Florida at only 21 months old. Pratt aged him to 9 years old. The child was found in Canada.

Pratt worked his first case while still a member of the Midwest City Police Department in the mid-1960s.

This November will mark 40 years he's been with OSBI. For a longtime forensic art was part of what he did. Since 1992, it's been his focus.

Nationally his work has included a suspect age-progression drawing in the BTK killer case in Kansas and reconstruction of unidentified victims in the case of serial killer Ted Bundy. But he's just as proud of his work in helping to locate the missing children as he is of high profile cases.

"Those are very rewarding," he said of the cases involving the children. "I think about those and I often wonder about `What happened to those kids, what are they doing now?' "I probably wouldn't still be in this business if I didn't have job satisfaction."

Taped to a wall just above Pratt's sketch table is a printout with two words "Follow Through."

"I think that a lot of people think that they're positive identification and they're not," Pratt said. "The drawings are look-alikes, in the ballpark, similar. A lot of witness are confused and are a little apprehensive, because they think they have to do a portrait and that's not the case."

Think about it, he said. You might not have seen a guy since high school and he's bald and has put on 40 pounds. The man walks by you, and he catches your eye because he looks like someone you knew. He's not an exact likeness, but you make the connection.

That's why Pratt extensively interviews alleged victims. Alleged? Sometimes the story is fabricated and that comes out. But many times a crime occurred and Pratt is able to sift through dozens of facts to find the one he needs.

He once asked a young woman who had been abducted if the man was right or left handed.

"When you ask if he was right-handed or left-handed, it makes you think," he said. "And when you start thinking about it, then you'll see jewelry or a missing finger."

That's what he found when he followed through. He asked her if the man had any amputations. She had been forced to ride in the floorboard. It was then that she saw his hands on the steering wheel. She told Pratt, "You know what? Part of his little finger was missing."

"Follow through until you don't have any more questions," he said. "In every case there's something that is going to be important whether it's a scar, or a mole or jewelry, or some unusual characteristic that stands out."

Pratt won't stop when a victim says "He had brown hair." Was it light or dark brown? He won't stop at "He was a big man." Was he powerful big or was he pear-shaped? Don't say slender. In Pratt's mind that could fall into at least three categories: wiry, bony, skinny.

Why does this matter for a sketch? One, Pratt wants to understand all he can about the person, drug use, scars and more. Second, he shares his interviews with investigators.

"I want to stimulate recall," he said, breaking into a sweat. The thermostat has nothing to do with it. From time to time Pratt will be sitting at his sketch table and he'll start to sweat.

"The emotion runs really high on certain things," he said. "I've done a drawing and I know that `Man I'm about to get there,' or I think `Man I've got this guy.' "And I'll actually break into a sweat."

He knows that feeling. And he knows the feeling of a hug from the mother of a missing child and the feeling of the handshake of an investigator who used his drawing to help solve a case.

"You know you want to pump your fist in the air and still try to be professional and calm," Pratt said, "but I can get really emotional about these cases. I've been in law enforcement for more than 45 years. Today was just like my first day on the street. I'm excited."

Photo by Rosemary Stephens

Harvey Pratt discusses forensic art during a lecture in Anadarko, Okla. Pratt is a well-known artist and was a key person in the Big Foot studies on the Hoopa Reservation in California.

Photo by Rebecka Lyman

Pictured above top row l-r: Patrick Spottedwolf, Arapaho District 3 Legislator, Gov. Janice Prairie Chief-Boswell, Chief of Staff, Ida Hoffman, Housing Authority Executive Director, Orville Whiteskunk, Bruce Whiteman, Cheyenne District 1 Legislator. Bottom row: Sandra Ramos, deputy executive director, Wilbur Goodblanket, vice-chairman, Leda Joyce Walking Night, chairperson and Ruby Standingwater, housing commission.

The Cheyenne and Arapaho Housing Authority held its annual meeting March 30, 2012 at the Saddleback Inn in Oklahoma City.

Yearly review of projects were conducted, and policies and procedures were discussed along with discussions for new projects in the near future.

Launching CATV-47 television station

Submitted article

Exciting news for the Cheyenne and Arapaho Nation and all of Oklahoma as the tribes launch the first Native American owned and operated television station in the state and only the second in the country.

On April 2, 2012, the Cheyenne and Arapaho tribes turned on the transmitter to CATV-47, an over-the-air low power television station.

As Gov. Janice Prairie Chief-Boswell points out, the Cheyenne and Arapaho tribes are making history and rewriting the future.

"I couldn't be more proud of launching CATV–47, the first Native American owned and operated television station in the south central United States. Oklahoma is known as Native America, and now the Cheyenne and Arapaho tribes of Oklahoma have the opportunity to educate and preserve our cultural heritage via the airways," Gov. Boswell said.

The station will be operated and managed by the tribes' Education Department. Its primary goal is to further educate tribal members, as well as those living in the communities we all share.

"The possibilities are endless," Gov. Boswell said. "The preservation of our tribal languages has been challenging to say the least and to have the opportunity to use this form of mass communication to not only educate tribal members but residents of Western Oklahoma on Cheyenne and Arapaho culture and history is long overdue."

CATV-47 is a digital 'over-the-air station' and not yet carried by any cable company. In order to receive the station's signal, viewers will need to use an antenna, either small set-top rabbit ears or roof-mounted and adjust their television via menu settings in the TV to antenna reception. Newer-model TV's will need to run an auto-program scan to be able to permanently pick up the CATV-47 signal.

Production of local programming is currently underway. The station will be testing the broadcast signal with color bars until the official program launch to be announced shortly. "This is an amazing opportunity for the Cheyenne and Arapaho tribes, and both the station station staff and tribal leadership hope viewers enjoy watching history in the making," Teresa Dorsett, education executive director said.

Cheyenne and Arapaho tribes CATV-47 television station set-up

RESCAN step by step:
1. Disconnect the antenna from the television/converter box.
2. Rescan channels (with no antenna attached, you will likely get no channels).
3. Turn off the television/converter box and unplug from power source.
4. After 5 minutes, plug the television/converter box back in and reconnect the antenna
5. Rescan for channels
6. And you are DONE!

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Transportation Schedule
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Clinton-Homeland 8:30 am
Weatherford-Old Homeland 9:00 am
OKC-Walmart (MacArthur) 9:00 am
Thomas-Terrier Express 8:30 am
Watonga-Food Distribution 9:00 am
Elk City-Love's 8:00 am
Seiling-Shell 8:00 am
El Reno-Walmart 9:30 am
Woodward-Walmart 7:30 am
Canton-Shell 8:30 am
Geary-North Store 9:30 am
Kingfisher-Walmart 9:30 am
Please call to register for transportation by April 20, 2012.
For more information contact the R.E.Sp.E.C.T. Program at 405-422-7570 or 580-331-2601!

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Cheyenne and Arapaho Elder Care Program

Submitted by Norman Frank Sheridan

My name is Norman Frank Sheridan and I have been selected as the Director of the Cheyenne and Arapaho Elder Care Program. I am very fortunate that Maheo has blessed me and allows me to take care of my eighty five (85) year old mother, Ruby Sheridan Bushyhead. From this I have learned much and am truly grateful. I have seen the issues that relate specifically to an elder who may be handicapped.

I recently had back surgery and from that I have learned much. I have learned specifically the difficulties that an elder may face when they face health related life changing events.

In my life I have been fortunate to be around many Cheyenne and Arapaho people who have gone to the other side. Individuals such as John Sheridan, Allen Bushyhead, Elsie Bushyhead, Frank Thomas Sheridan, Arthur Mad Bull, Ernest Mad Bull, Freeman Pawnee, Rowland Haag, Mercy Hagg, Maude Allrunner, Ella Choteau, Leroy Chouteau, Charles Antelope, George Antelope, Eveline White Crane, Bertha Little Coyote, Phillip Whiteman Sr. Florence Whiteman and Harding Big Bow of the Kiowa tribe….From them I have learned much.

As an individual and as the director of the Cheyenne and Arapaho Elder Care Program, I am a representation of all the above mentioned people, and others too numerous to name who have had an influence on my life. As your director, I will humbly and respectfully utilize the rich spiritual and traditional teachings of our Cheyenne and Arapaho people as they were taught to me.

You, as my Cheyenne and Arapaho relations will all be treated equally.

I am very humbled by the welcome I have received by the employees of the Elder Care Department. I am also humbled by the many positive comments I have received from the Cheyenne and Arapaho elders in the outlying communities that have congratulated and complimented my efforts. For all those kind words I am very appreciative.

I plan to have an article for the tribal paper fairly often as time allows. The articles will contain information about the Elder Care Program and an item from a cultural perspective.

I have a friend who currently is Director of the Criminal Justice Program at Bacone College. Her name is Wambli Sina Win. Wambli (Eagle Shawl Woman) was an Assistant U.S. Attorney on staff when Janet Reno was in office. She is a practicing attorney, is very astute in her Lakota culture, and speaks her language fluently. Wambli has graciously given me permission to gift one of her stories to my Cheyenne and Arapaho elders and all who read it.

This is given in a good way from my heart.

I too sit here years later, an elder myself, with at times sorrow in my heart…..Toksha, Frank Sheridan

Wambli Sina Win: Don't take your elders, holy men for granted

On a day like no other, a red sun set upon a sweat lodge ceremony which was ending. An old Lakota holy man stepped outside of a humble sweat lodge. This frail looking grandfather, who appeared to be in his eighties, looked upward and seemed to speak from a distant age and time.

His earnest prayer brought tears to the eyes of some people. He spoke: "Tunkasila, I stand before you today, a man full of age. I will be going South soon. I have lived as you asked. My life has been full of hardships."

Then the old holy man began singing a vision song of his youth, "A friend is coming from the clouds. The clouds are my home. The Thunder Beings have given me a bow." Overhead, a thunderhead loomed. Meanwhile, preparations were under way for the holy man's next ceremony, a healing Yuwipi ceremony for an elderly grandmother.

At the holy man's house, friends and relatives readied the living room for a Yuwipi, which means "to bind or tie up." It is among one of our sacred Lakota ceremonies. The old holy man's helpers bound his hands and legs securely with sinew beneath a Lakota star quilt made especially for this ceremony. With his hands tied behind his back, the old holy man was lying in the center and in the spirit world. The people earnestly prayed for Wakan Tanka to have pity upon their vulnerable interpreter, the old holy man.

As the room was darkened, the ceremony began with a prayer. The holy man's helpers started singing to a perfect Lakota heartbeat that reverberated from the drum. It was a powerful calling song, which the Tunkasilas had given the old holy man long ago in a vision.

As the spirits entered, one appeared as a large blue orb, while another, bright as the sun, moved around the room-Wakan Tanka, the Great Mystery. Bright flashes of light flickered and filled the room. They were Iktomi (spider) spirits. Sounds of hundreds of high pitched voices which could not possibly be human, became present.

From all directions, the Iktomi spirits rushed in, whispering into people's ears. Some voices were faintly understood while others were a mystery. The Iktomis joked, laughed and spoke of the future as a little boy was overheard asking his mother, "Who is that talking in my ear?" She replied, "Shh shh, It is your Grandfather speaking."

Before the second song began, there was silence. A muffled voice said, "Speak now, the spirits are listening." The people made their requests, mostly in Lakota. Some were praying as the second song began. Then a sound of footsteps was heard as sparks came up from the floor. Loud flapping sounds came from beneath us, perhaps a giant unseen bird.

A wind picked up as the old holy man sang as if unbound. The people prayed intently for the healing of their loved one. An energy suddenly filled the room and something huge came in. The grandmother later described her healing as "An electric energy like lightning and a humming sound passed through me from my left side. I felt as if a 100 lb. weight was lifted from my back!"

All of a sudden, the Presence was overwhelming and a voice, an ancient spirit, was so audible that even a deaf person could hear. The old holy man interpreted as the spirit spoke a strange language, hanbloglaka, the vision language. Even the most experienced spiritual people who have walked the Red Road all their lives could not understand hanbloglaka. A flash of lightning

*See **Elder care program,** page 4*

Job Corps seek students

By Rosemary Stephens, Editor-in-Chief

Treasure Lake Job Corps in Indiahoma, Okla. and Guthrie Job Corps in Guthrie, Okla. are currently recruiting students.

"The Department of Labor (DOL) allows for students ages 16-24 to be able to obtain their G.E.D./high school diploma and/or training. For each student, the amount spent is equal to a $25,000 scholarship for the students to receive their education and/or training," Martina Minthorn-Callahan, Job Corps admission counselor said. "They receive a bi-weekly stipend, clothing allowance, the basic medical dental and vision care, child care assistance, a bonus at completion of their program, driver's education, weekend recreation trips and they can earn money during work base learning."

The program is a residential facility and the students learn independent living skills to prepare them to be self-sufficient. Minthorn-Callahan said the main objective is to assist the young people with employability skills and to guide them in meeting their goals.

The Job Corps requirements for students are 16-24 years of age, meet the low-income requirements, background check cannot state any violent crimes, have over $500 in fines or be on probation.

"There is a notion that Job Corps is for troubled youth, however the majority of our students have never been in trouble and just want to work towards a career," Minthorn-Callahan said. "I have several students from the military who could not find employment and turn towards Job Corps for training. There are students who start out making good salaries, for example there are three students in carpentry leaving this week, making $26.50 an hour and $50 per day for per diem and several of the painting students are starting out making $29 an hour at Ft. Sill."

She said that Treasure Lake has a 100 percent success rate at job placement for their students, if they are determined to work.

Submitted photo

Treasure Lake Job Corps student volunteers at the Wichita Mountains Wildlife Refuge.

"I am seeking to recruit more Native Americans into Job Corps because there are many benefits and opportunities for these young people. I have enrolled 18 Native American students this year from Apache, Anadarko, Chickasha, Elgin, Duncan and Lawton areas," Minthorn-Callahan said. "The president of the Student Government Association (SGA) is an Apache tribal member, Ramone Perez and the female Lodge President is a Cheyenne and Arapaho tribal member, Carolyn Old Bear. These students are enjoying their time at Job Corps and feel good about their decision to take the opportunity to better themselves."

Treasure Lake Center tours are every other Thursday at 1 p.m. and the next tour is scheduled for April 26, 2012.

For more information or to meet with Minthorn-Callahan call (580) 483-9807 or (580) 357-3500.

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FIRST & SECOND PLACE WINNERS OF THE 2011 NATIVE AMERICAN JOURNALIST ASSOCIATION MEDIA AWARDS

Suicide information meetings

continued from page 1

some of the most common warning signs a person may show if they are thinking of ending their life, "While some suicides occur without any outward warning, most people who are suicidal do give warnings. Prevent the suicide of loved ones by learning to recognize the signs of someone at risk, taking those signs seriously and knowing how to respond to them. Some common signs are depression, unrelenting low mood swings, pessimism, hopelessness, desperation, anxiety, seems to be withdrawan, sleep problems and increased alcohol and/or other drug use. They may threaten suicide or express a strong wish to die and they may give away prized possessions, suddenly purchase a firearm or other means of killing oneself such as sleep medications."

He said the emotional crises that usually precede suicide are often recognizable and treatable. Although most depressed people are not suicidal but most suicidal people are depressed.

"Serious depression can be manifested in obvious sadness, but often it is expressed as a loss of pleasure or withdrawal from activities that had been enjoyable. One can help prevent suicide through early recognition and treatment of depression and other psychiatric illnesses," Barton said.

One of the guest speakers who attended the Concho, Okla. meeting identified areas of concern for children living in abusive homes.

"It is important to acknowledge the cultural aspects associated with suicide in our communities. While progress has been slow in understanding suicide from a cultural perspective we know that both the historical and current traumatic stressors in Indian Country affect our youth. I think that all of you are familiar with those who drink or abuse drugs, these things are what we call coping mechanisms. Some children may be growing up in homes with parents that are not being very attentive, some violence and even verbal abuse going on in their home. These children are more prone not to speak of their feelings and what is going on," Dr. Dolores Subia BigFoot, University of Oklahoma (OU) Health Sciences Center, Indian Country Child Trauma Center counselor said. "The unfortunate and often forgotten reality is that there is an epidemic of violence and harm directed towards the Native American population. The children and youth experience an increased risk of multiple victimizations. Their capacity to function and to regroup before the next emotional or physical assault diminishes with each missed opportunity to intervene. Our youth often make the decision to take their own lives because they feel a lack of safety in their environment. Our youth are in desperate need of safe homes, safe families and safe communities."

For more information about the prevention of suicide visit the American Foundation for the Prevention of Suicide Website at www.asfp.org.

For survivors of suicide meetings call (405) 330-8155. For help call the Nation Suicide Lifeline at (800) 273-TALK (8255).

Photo by Rebecka Lyman

Cheyenne and Arapaho tribes' probation officer, Paul Fuentes opens the suicide meeting in Concho, Okla. on April 3, 2012.

Suicides spike during holiday seasons

By Rosemary Stephens, Editor-in-Chief

Easter and Christmas holidays indicate a spike in suicide related deaths according to reports from the Suicide Prevention Resource Center (SPRC), part of the U.S. Department of Health and Human Services (USDHHS). The SPRC's main purpose is to track and document deaths by suicide in the United States.

According to the SPRC's findings, studies show a significant increase in suicidal deaths during Christmas due to the emphasis on being happy and "full of cheer" during the Christmas holidays, yet for someone contemplating suicide their sadness may become more pronounced during this time as they see others being happy and excited about the holidays. The other holiday where an increase in suicidal deaths occurs is Easter. The study showed during the Easter holiday a person who is contemplating suicide may become more depressed as spring approaches.

Also included in their recent study released by the SPRC in 2009, deaths by suicide in Native American communities were the second highest than in any other ethnic community throughout the U.S.

"We have suicide rates that are among the highest in the world, especially of our youth ranging from 15 to 25 years of age," Doug Cuthand, Prevention of Suicide representative, said. "There is no simple answer for this epidemic that is destroying Indians across the country."

He said living conditions, lack of education, unemployment, drug and alcohol addiction all contribute to the high rate of suicides among Native American youth.

> Listen and Look for RED FLAGS using the mnemonic: IS PATH WARM?
> **I**deation-threatened or communicated
> **S**ubstance abuse-excessive or increased
>
> **P**urposeless-no reasons for living
> **A**nxiety-agitation or insomnia
> **T**rapped-feeling there is no way out
> **H**opelessness
>
> **W**ithdrawing-from friends, family, society
> **A**nger-uncontrolled rage, seeking revenge
> **R**ecklessness-risky acts, unthingking
> **M**ood chages-dramatic

Some warning signs that an individual is imminently planning to kill themselves may include making a will out of the blue, getting their affairs in order, suddenly visiting friends and family members (one last time), a sudden decline in their mood, a loss of interest in activities or writing a suicide note and leaving it to be found. Individuals who kill themselves by suicide usually will not tell a mental health professional in the months prior to the suicide. They will be more apt to share their plans to commit suicide with a family member or close friend according to reports by the USDHHS.

Stacy Freedenthal, researcher for the American Association of Suicidology (AAS), stated in a speech given at the AAS convention in Santa Fe, N.M. that suicide is a profound problem for Native American youth and they are exposed to alcohol and drug abuse among their family members, racial discrimination and domestic violence as well as poverty found on many Native American reservations.

Freedenthal's studies also found that tribes who maintained a strong cultural life and participate as a family in ceremonies showed a decrease in suicides compared to tribes whose culture has been lost or seriously weakened. Evidence also shows that when employment rates increase on a reservation, the suicide rate declines.

"The answer to reducing the high suicide rate doesn't lie only with the individual, it lies within the community … we must take ownership and address the epidemic of suicide and put a stop to this senseless loss of life," Cuthand said.

For more information on how to prevent suicide contact the American Foundation for Suicide Prevention at www.afsp.org.

Elder care

continued from page 3

struck from the ground up. Once again, it seemed as if the universe was silent but the silence was as loud as thunder.

The old holy man's voice became clearly audible as he spoke of the news. The spirits were thanked in a song, dancing as they left, content with the offerings of food and other items. The door opened by itself, footsteps from the unseen spirits were heard leaving. A ball of tobacco ties (offerings) which surrounded the perimeter of the Hocoka, the sacred circle, was mysteriously rolled neatly into a ball and placed upon the altar in the center.

The old holy man, now unbound, sat smiling, knowing that the ceremony was a success. He was welcomed back to the living and spoke softly. The people were all happy. That day, our Red People sat together, though from different reservations, different tribes, all united to support a grandmother who needed healing. There was much laughing and rejoicing for another healing had taken place, reinforcing the people's faith in Wakan Tanka and the Red Road. After all these centuries, Wakan Tanka never forgot his Red People.

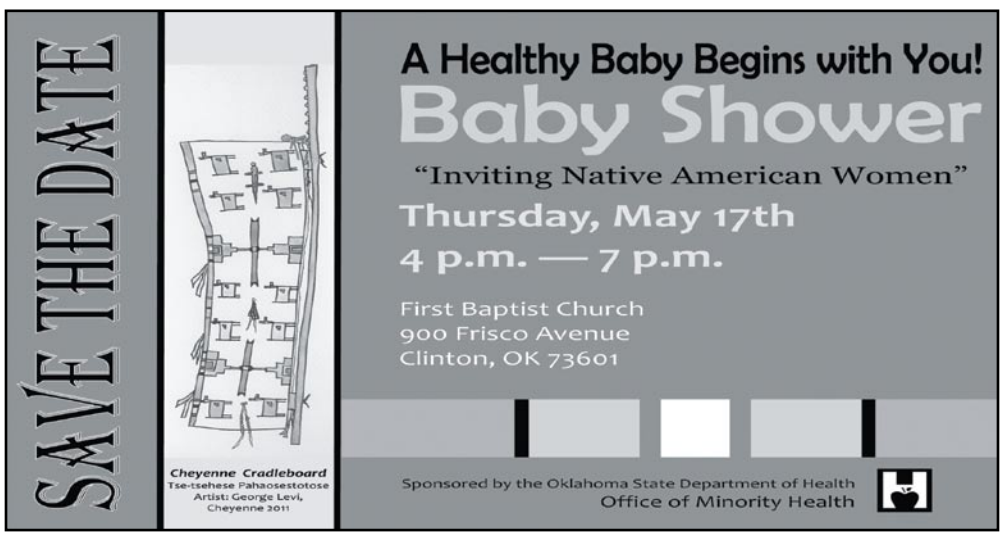
I sit years later, now an elder myself, my memories of Pine Ridge and of this great man. Certainly his life and service to our people was worthy of many medals and honors. Yet this Lakota holy man in our own community, was taken for granted. In the Red Sunset of his last years, it seems he faded, along with our memories of him.

I picture him, smiling as he journeyed south without regrets for the life he lived. It is a sorrow in our hearts and the story of our people that others today will make that journey south soon. Honor your elders and holy men while they still live.

Wambli Sina Win (Eagle Shawl Woman) is currently an associate professor and director of the Bacone College Criminal Justice Studies Department in Muskogee, Okla.

Her grandfather was John Fire, Chief Lame Deer Tahca Uste, a well known Lakota Holy Man from the Rosebud Sioux Indian Reservation in South Dakota. One of her sons is also a medicine man. She has served as a Tribal Judge for the Oglala Sioux Tribal Court, as an Assistant U.S. Attorney, a Tribal Attorney and as a legal Instructor for the U.S. Indian Police Academy at Artesia, N.M. You may contact Wambli Sina Win, J.D. at wamblisinawin@yahoo.com. She can be reached at wamblisinawin@yahoo.com.

Clinton Indian Health Center to host educational baby shower for Native American women



The Clinton Indian Health Center along with the Oklahoma State Department of Health (OSDH), Office of Minority Health (OMH), and community partners are inviting Native American women to an educational baby shower at no cost to those who are thinking about having a baby, expectant parents and those who have a child less than 24 months of age.

"A healthy baby begins with you."

The baby shower will accommodate the first 150 people who reserve a seat and is scheduled from 4 p.m.-6 p.m., Thursday, May 17, 2012, at the First Baptist Church, 900 Frisco Avenue in Clinton, Okla.

Medical experts and health information resource vendors will provide educational opportunities to answer health questions and give information to help mothers and their babies stay healthy during and after pregnancy.

A short program will feature games and a role-play where traditional Native American pre/post pregnancy/parenting myths are dispelled by providing accurate information. The non-traditional setting is designed to optimize comfort levels for participants to promote dialogue with doctors, nurses, dietitians and other health care providers in a non-clinical setting. Topics that will be covered include risks for low birth weight babies, the importance of prenatal, well baby care and taking care of oneself during and after pregnancy. The program is modeled after an evidence-based community initiative promoted by the National Office of Minority Health and Department of Health and Human Services.

"It is our hopes that through this non-traditional way of providing educational health materials to Native American women, we will improve the health and wellbeing of both mothers and babies. As women use the information learned and share it with their friends and family, more individuals will be enlightened, educated and informed," Linda Thomas, OMH director said.

The OSDH, OMH and Indian Health Service, Clinton Service Unit (CSU) are working with tribal and community organizations to host this event. Sponsors will include the Cheyenne and Arapaho tribes' Community Health Representatives, Diabetes Wellness, Head Start, Tribal Transit and Health Education, WCD WIC Program, Clinton Action Associates, Custer County Health Department, Oklahoma Health Care Authority/Sooner care Enrollment/Medicaid, Mary Kay, Clinton Service Unit: Public Health Nursing, Nutrition, Dental, Tobacco Cessation, Contract Health, Pharmacy and Audiology .

For general information about improving the health of pregnant women and infants in Oklahoma contact OSDH Maternal and Child Health at (405) 271-4480, or call the county health department in your area or view the *Preparing for a Lifetime, It's Everyone's Responsibility* website at www.iio.health.ok.gov.

The mission of the Clinton Indian health Center is to promote a culture that supports and develops caring, compassionate and competent healthcare.

For more information contact Kristie Purdy at (580) 331-3458.

Language fair

continued from page 1

In the 3rd-5th grade large group song category, Anadarko Indian Education students, grades third through fifth took second place for large group song.

Pictured back row l-r: Karson Williams, Justin Hill, Ises Mathews, Samantha Wells and Shai Blackcloud. Front row l-r: Gunnnar Bointy, Maci Kopepasah, Kenzie Hill and Autumn Luther.

Nose, Cheyenne educator, Linn and Geneva Navarro, Comanche educator.

"This is one of my favorite events of the year that happens in Oklahoma," Christine Armer, University of Oklahoma (OU), Cherokee language professor and coordinator said. "My grandfather once told me that language is who you are."

The fair categories have grown over the years, from three to nine. In celebration of ten years the fair added poetry writing and live performances.

"The categories are designed for every student, at every language learning level," Linn said. "Rather the students are able to attend the fair or not we hope that all the students enjoy participating in this year's fair."

The languages represented at the fair included Apache, Arapaho, Cayuga, Cherokee, Cheyenne, Chickasaw, Choctaw, Comanche, Coushatta, Dakota, Euchee (Yuchi), Hasinai (Caddo), Ho-Chunk, Jiwere (Otoe), Kanza (Kaw), Krese, Kickapoo, Kiowa, Mohawk, Mvskoke

In the sixth through eighth grade large group song category, Riverside Indian School students also placed second. Pictured l-r: Gracie Sadongei, Alisia Morris, Nadia Howlingcrane and Heather Rednose.

Kiowa students placed first and second in several categories for grades pre-K through eighth grades.

Pictured above Charli Ahhaitty, Angelyn Connywerdy, Thaumaroi Connywerdy, Sokobi Connywerdy, Avery Hamilton, WinterHawk Pedro, Oh hah moe Pedro, Isaac Perez, Shon Perez, Adam Quetone, Miura Quetone, Niigan Sunray, Kowi Sunray and Tdohasan Sunray.

Not pictured Andi Parnacher.

(Creek), Navajo, Osage, Pawnee, Pima, Prairie Band Potawatomi, Sauk, Seminole, Seneca, Shawnee, Shoshone, Ute, Wichita and Zuni.

The fair celebrates language diversity in Oklahoma and the U.S. In addition to student and teachers, the fair also involves university communitities, tribal communities, families and over 100 volunteers.

For more information about the ONAYLF contact Armer at (405) 325-7588 or visit www.nal.snomnh.ou.edu/onaylf.

Photos by Alisa Guzman

Pictured l-r: Krystiana Guzman, Abbigayle Price, Chasity Ramos and Alexis Williamson show off their moves during a dance competition in Tulsa, okla.

Dancing into the spotlight

By Rosemary Stephens, Editor-in-Chief

Krystiana Raynell Guzman makes a big appearance at the Dance Olympus, Dance America competitions March 16-18, 2012 in Tulsa, Okla.

Krystiana has been dancing for Dance Etiquette, owned by Jill Compton in El Reno, Okla., for over four years.

Krystiana took first place in Hip Hop solo category and was the only girl chosen for the Most Promising Dancer award. She was also awarded DOTY semi-finalist in Nationals for Dancer of the Year as well as qualifying for nationals on all first place wins. She was the first runner-up for overall high score female soloist.

Krystiana Guzman was the sole award winner for the Most Promising Dancer at the Dance American competition March 18.

Krystiana Guzman's father, Mario, gives her a congratulatory hug.

Krystiana's dance group took first place in large group musical theater, *Believe*, large group lyrical, *Lil' Shop of Horror*, group jazz, *Yellow Poka Dot Bikini* and second place in hip hop group, *Lipgloss*.

Compton's dance group also received best choreography award for their performance of *Believe.*

Krystiana is the 9 year old daughter of Mario and Alisa Guzman. She is the granddaughter of Virginia Guzman (Nightwalker) and the great-granddaughter of Cheyenne Chief James Nightwalker and Ruby Redhat.

Krystiana's next competition will be held April 27-29, 2012 at Rose State College in Oklahoma City.

Native Languages Bill takes another step forward

By Carol Berry, Indian Country Today Media Network

Native American language teaching won a victory March 21 when a bill that would help to preserve tribal languages sailed through an education committee of the Colorado House of Representatives by unanimous vote. The bill, already approved in a Senate hearing, appears destined for the governor's signature and enactment.

The bill would allow tribal elders and other fluent speakers of the Native languages of federally recognized tribes to teach the languages even though they may not have teaching licenses. They would be under the supervision of qualified teachers in order to obtain license waivers from the Colorado Department of Education (CDE).

The bill was co-sponsored by Sen. Suzanne Williams (D-Aurora), a member of the Comanche Nation, and Rep. J. Paul Brown (R-Ignacio). It was endorsed by the Colorado Association of School Boards.

"It's a great bill that is needed, especially in my district and southwest Colorado," Brown said. "It's very important to the Southern Utes and Ute Mountain Utes for their kids to learn the language so they can continue their culture."

In addition to committee testimony by education officials and others, two young students spoke up for the bill. Testifying were Justice Hollingsworth, 12, Sicangu Lakota, and Deuschesne Ventris, 13, Diné/Potawatomi, who said young people may be pulled away from their culture and "we want to use this opportunity to bring it back."

Photos by Carol Berry

Winona and her mother, Jennifer Williams, heard her brother, Justice Hollingsworth, 12, Sicangu Lakota, talk about the value of a Native language bill.

The value of Native language-learning was underscored by two teachers of Lakota, both of whom have master's degrees—Eileen Little Thunder Masquat, Lakota, and Gwen Holmes, Cheyenne River Sioux Tribe. Holmes said it is fair to Native students "that it be among other languages being taught." Masquat said both Native and non-Native students in her Lakota class "learned the language very well."

Rose Marie McGuire, Sisseton-Wahpeton Oyate, who heads the Indian education program in Denver, said she has learned that students who take Lakota classes do better academically in other areas.

Those applying for a credentialing waiver in order to teach a for-credit Native language would submit applications to the CDE, describing the proposed curriculum and agreeing to follow CDE rules and regulations.

Among state-required compliance provisions are objective standards for Native language proficiency and a prohibition for Native language teachers to teach other subjects unless licensed or authorized to teach them.

Gwen Holmes, Cheyenne River Sioux tribe, is a teacher of Lakota who has seen both Native and non-Native students learn the language successfully.

Chickasaw governor keynote speaker at Cheyenne and Arapaho graduation ceremony

Bill Anoatubby began work for the Chickasaw Nation in 1975 as its health services director. A year later, he was asked to direct its finance department.

In October 1978, he was promoted to the position of special assistant to the governor and controller. In 1979, he was elected as the tribe's first Lt. Governor.

Governor Anoatubby was elected to his first term as Governor in 1987. In his first term, Governor Anoatubby established goals of economic development and self-sufficiency for the Chickasaw Nation and its people.

Today, the Chickasaw Nation is well on the way to achieving those goals. In 1987, the tribe had about 250 employees. Today, the Chickasaw Nation employs more than 11,700 people.

The financial condition of the tribe has been improved tremendously. Funding for tribal operations has grown exponentially. Tribal assets have grown twenty fold. Governor Anoatubby is committed to meeting the needs of Chickasaw people through programs and services. Governor Anoatubby and his wife, Janice, have two sons, Brian and Chris. Chris and his wife Becky have three children, Brendan, Eryn and Sydney. Brian and his wife Melinda have two children, Chloe and Preslea.

Bill Anoatubby attended public schools in Tishomingo. In 1964, he graduated from Tishomingo High School. He attended Murray State College earning an associate's degree in business in 1970. In 1972, he completed his bachelor's degree in accounting at East Central College. He has 18 hours of additional studies in business and finance from Southeastern State University in Durant, Okla., and from East Central University. He has taken numerous continuing education courses in management, including study from Dun and Bradstreet in financial management.

From 1972 to 1974, Anoatubby worked for the American Plating Company, managing the office operations of the firm. For the next year, he worked for the Little Giant Corporation, performing accounting, systems and budgetary control, cost monitoring, financial analysis and electronic data processing for the company.

In July 1975, he began working for the Chickasaw Nation at its headquarters (then located in Sulphur, Okla.) as director of tribal health services. In that job, he planned, organized and managed all tribal health programs, personnel and government contract funds. The tribe provided services to the Indian people in a 13-county area of south central Oklahoma.

A year later, he was transferred to the tribal finance department to plan, organize and direct the accounting department. He performed accounting functions for financial transactions relating to federal and non-federal programs and tribal businesses. He developed and improved accounting systems for the tribal programs and businesses and performed a myriad of other functions, including preparing financial statements and reports, doing budget analysis and revisions and filling all financial reports and tax returns.

In October 1978, he was promoted to the position of special assistant to the governor and controller. In this job, he supervised department directors and was in charge of program management and reporting, including personnel.

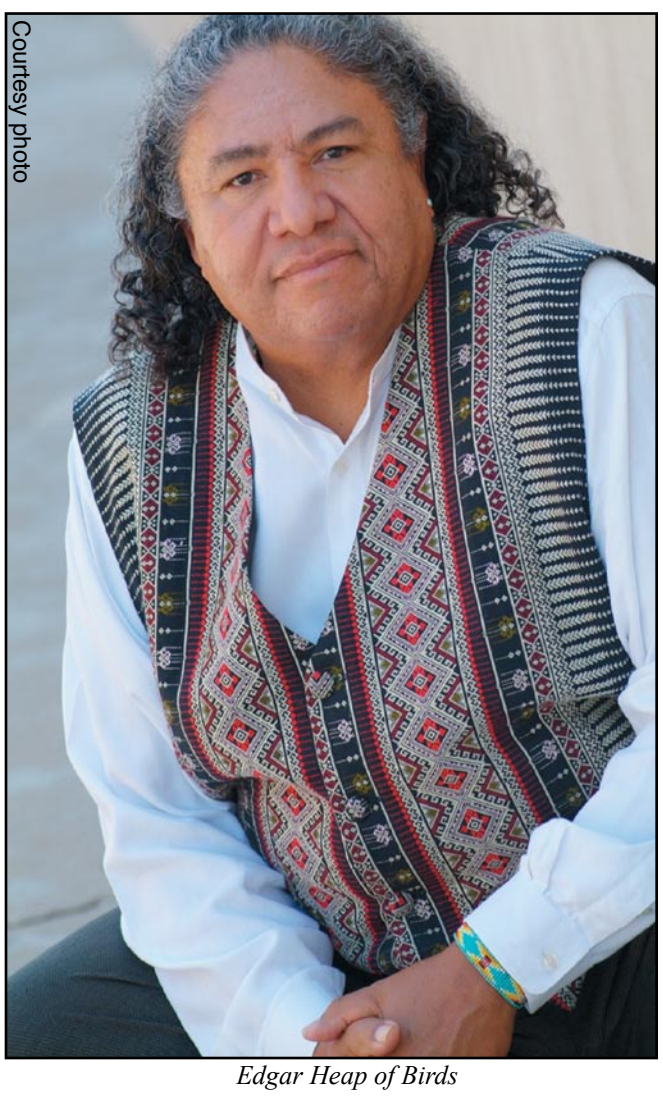
In late 1979, Anoatubby was elected the first Lieutenant Governor of the Chickasaw Nation by popular vote of the tribe's citizens. Prior to the completion of his first term in office, he was re-elected to another four-year term, taking office in October 1983.

He became the 30th Governor of the Chickasaw Nation when he was elected to the position in 1987. He has since been re-elected to serve each term, and began his seventh term in office in 2011.

The Governor manages more than 11,700 employees, more than 50 government programs and numerous tribal businesses. Under Bill Anoatubby's financial leadership, the Chickasaw Nation became one of the first tribal governments in the United States to be certified as an A-102 tribe, with superior ratings for management and fiscal controls.

Gov. Bill Anoatubby

Heap of Birds honored educator at Cheyenne and Arapaho graduation ceremony



Edgar Heap of Birds

The artworks of Hock E Aye VI Edgard Heap of Birds include multi-disciplinary forms of public art messages, large scale drawings, Neuf Series acrylic paintings, prints, works in glass and monumental porcelain enamel on steel outdoor sculpture.

Heap of Birds received his Master of Fine Arts from Tyler School of Art, Temple University, Philadelphia, Penn. in 1979, his Bachelor of Fine Arts from The University of Kansas in Lawrence, Kansas in 1976 and has undertaken graduate studies at The Royal College of Art, London, England.

He was awarded an Honorary Doctor of Fine Arts Degree from the Massachusetts College of Art and Design in Boston, Mass. in 2008.

The artist has exhibited his works at The Museum of Modern Art, Whitney Museum of American Art, National Museum of the American Indian, Smithsonian Institution, New York, New York, The National Gallery of Canada, Ottawa, Museum of Contemporary Art, Sydney, Australia, Documenta, Kassal, Germany, Orchard Gallery, Derry, Northern Ireland, University Art Museum, Berkeley, California, Association for Visual Arts Museum, Cape Town, South Africa, Lewallen Contemporary Art, Santa Fe, New Mexico, Hong Kong Art Center, China , Bandung Institute of Technology, Bandung, Indonesia, Grand Palais, Paris, France and the Venice Biennale, Italy.

He has served as visiting lecturer in London, England, Western Samoa, Chiang Mai and Bangkok, Thailand, Johannesburg, South Africa, Barcelona, Spain, Belfast, Northern Ireland, Norrkoping, Sweden, Hararre, Zimbabwe, Verona, Italy, Adelaide, Australia and India.

Heap of Birds has taught as a visiting professor at Yale University, New Haven, Connecticut, Rhode Island School of Design, Providence, Rhode Island and Michaelis School of Art, University of Cape Town, South Africa.

At the University of Oklahoma (OU) since 1988, Professor Heap of Birds teaches in Native American Studies. His seminars explore issues of the contemporary artist on local, national and international levels.

He has received grants and awards from The National Endowment for the Arts, Rockefeller Foundation, Louis Comfort Tiffany Foundation, Lila Wallace Foundation, Bonfil Stanton Foundation, Tthe Pew Charitable Trust and the Andy Warhol Foundation.

In June 2005, Heap of Birds completed the fifty-foot signature, outdoor sculpture titled *Wheel*. The circular porcelain enamel on steel work was commissioned by The Denver Art Museum and is inspired by the traditional Medicine Wheel of the Big Horn Mountains of Wyoming.

Heap of Birds' art work was chosen by the Smithsonian's National Museum of the American Indian as their entry towards the competition for the United States Pavilion at the 52nd Venice Biennale. He represented the Smithsonian with a major collateral public art project and blown glass works in Venice, June 2007 titled *Most Serene Republics*.

In 2009 Heap of Birds received a dpecial tecognition from the OU for 20 years of teaching and was presented with a special watch, which he gave to his father. He began teaching at OU in 1988.

Graduation Banquet 2012

The annual Cheyenne and Arapaho Graduation banquet will be held on May 2, 2012 at the Frisco Center, 101 S. 4th Street in Clinton, Okla. Graduates are asked to be there by 5 p.m. so an individual photo and a group photo can be taken.

High School graduates will need to send a verification that they have enough credit hours to graduate with their class in May 2012. A letter from the school registrar or their high school counselor will be accepted. The letter verifying graduation, a CDIB, and a gaming application are the documents needed to receive the $150 incentive award for graduating from high school. If we have not received a letter from your school and a gaming application, then you ARE NOT on our graduation list to be invited to the banquet. Please send the documents now. If you will graduate May 2012 then a check will be prepared for you by the night of the banquet, if we receive your information by April 19, 2012. **We MUST receive information on April 19 no later than 5 p.m.** Your name will be placed on the invitation list to the graduation banquet. The incentive award will then be given to you at the graduation banquet and/or mailed to out of state graduates.

College graduates need to send a degree evaluation and/or a letter from their advisor listing an anticipated date of graduation and degree they will receive. College/University graduates will receive an incentive award after our office has received an official transcript with degree conferred on the transcript. If we have not received verification you will attain a degree from your school advisor or registrar, then you will not be listed on our graduation banquet list of invited graduates. Please send the documentation no later than 5 p.m., April 19, 2012 so we can add you to our graduation banquet list and send an invitation.

Each graduate will be allowed to bring two guests.

This year the keynote speaker will be Gov. Bill Anoatubby of the Chickasaw Nation and the Honored Educator will be Edgar Heap-of-Birds of the Cheyenne and Arapaho tribes.

For more information contact Wanda Whiteman, higher education counselor at (405) 422-7560.

Submitted photo

Pictured from L-R: Anissa Bearbow, Aubrey Bearbow, Jordyn Whiteskunk, Andrew Greeley and Chris Tallbear. Not pictured is Anna Greeley.

Tribal youth team take the challenge

Hammon Tribal Youth Team participated in the Oklahoma American Indian Challenge Bowl on March 28, 2012 at the Gordon Copper Technology Center in Shawnee, Okla.

This was Hammon's first team at this event and nerves played a big role. Questions ranged from tribal headquarters locales to what is a roach made of?

With this experience, students can now prepare for next year and be a more viable competitor.

Legislative News

Submitted by Ramona Tall Bear, Legislative Clerk

Legislative Questionnaire

The Legislature will collect the following questionnaire at Public Hearings over the next few months. The purpose of this questionnaire is to assist the Legislators in identifying the issues, concerns and other important tribal matters. These items can be discussed at future Public Hearings in the communities.

We will address these responses/ questions in a most timely manner. Please feel free to give additional input in the Additional Comments section.

What district are you from?

What are the more important concerns or issues present in your community?

What are long-tern1 goals for your community?

How can your Legislator be more effective for your community/district?

What is the best time for you to attend Public Hearings that are held in your community?

Do you have any suggestions on how Legislators can be more accessible?

Additional Comments

If you would like to give feedback now, please contact Legislative Administrative Assistant Lewis Tall Bear at ltallbear@c-a-tribes.org, or call (405) 422-7777 or (405) 262-0345, ext. 27777.

Legislative Actions

At the Special Session, held at the NAC Building on March 26, the Legislature voted to pass a Resolution authorizing the Governor to draw down lease income. This money was diverted to Lieutenant Governor who was posing as the Governor. When the money is released to the Tribes from Leslie Harjo's personal account it should be turned over to Governor Boswell for deposit in the Treasury.

The Unclaimed and Abandoned Per Capita Act was tabled because there is more information needed and it must be included in a legal budget. Also, because it addresses a specific situation, it should have been a Resolution instead of an Act as submitted by the Governor. The proposed bill had no backup documentation, and there was no dollar amounts cited. This Act also addresses only the Per Capita from the 2005 distribution, but there are likely unclaimed and abandoned Per Capita from years since 2005. The Legislature will have more Public Hearings to work on this issue. The Constitution requires that the Legislature incorporate all funds, including these, in an annual budget.

Because the funds from leases were not budgeted in 2008, and there has not been another budget passed yet, they cannot be expended. The Legislature hopes to pass a 2012 budget at the April Regular Session but is waiting for information from the Governor. After Legislative enactment, the 2012 budget will then go to Tribal Council for consideration. A special Tribal Council Meeting will need to be called to approve this budget. A petition will be needed and we hope everyone participates in this vitally important part of our tribal government.

The Lieutenant Governor removal hearing was held with Leslie Harjo being served but not present. The Legislat1ure will vote on this at the Regular April Session. The Legislator removal hearing was not held with the Legislator not yet being served. The Housing Authority Commissioner removal hearing was also not held for the same reason.

Amend the Constitution

One important goal of the Fourth Legislature is to consider constitutional amendments and bring them to a vote this fall. We all know that the 2006 Constitution has not worked as expected and needs improvement. At this time we are considering small amendments to make this constitution work better. We don't think a total replacement is necessary.

We encourage all interested tribal members to attend meetings and send us your suggestions so that we can make the Tribes work better and to better serve the people.

Cheyenne and Arapaho tribes summer youth work program

It's that time again-DEADLINE May 18, 2012

The tribes' Workforce Investment Act (WIA) staff is preparing for this summer's employment and training program.

Summer Youth 2012 is scheduled to begin June 4, 2012 and will end June 29, 2012.

Native American youth, ages 14-21, residing within the Cheyenne and Arapaho tribes' eight county service areas are eligible to apply. Counties include, Beckman, Blaine, Canadian, Custer, Dewey, Kingfisher, Roger Mills, and Washita. If selected for participation this summer, the youth will earn a minimum wage of $7.25 per hour.

Youth participants will work four weeks Monday through Friday, 8 a.m. to 5 p.m. Participants will be paid every Thursday, with there first pay period beginning June 14, 2012.

Basic requirements include, youth must be enrolled with a federally recognized tribe and must provide a tribal identification card or a Certificate of Degree of Indian Blood (CDIB).

Youth must be a resident of the service area for thirty days prior to date of application.

Youth must be income-eligible.

Applications are now available at the WIA office located at the tribal complex in Concho, Okla. Office hours are 8 a.m. to 5 p.m., Monday through Friday.

For further information or an application sent to you, please call (405) 422-7662 or (800) 247-4612, ext. 27662.

Cheyenne & Arapaho Tribes Head Start Program

The Cheyenne & Arapaho Head Start Program-Concho Center is continuously accepting applications for enrollment for the 2012-2013 school year. The Head Start Program is a comprehensive Child Development Program that is designed to promote high quality services and provide a range of individualized services in the area of Education, Early Childhood, Medical, Dental, Mental Health, Nutrition and Parent Involvement. Head Start Services are responsive and appropriate to each child and family's development, Ethnic, Cultural and Linguistic experience.

Eligibility Requirements:

3 years old to 5 years old-must be 3 years old by September 1, and turn 5 years old after September 1.

For Application to be processed, the following must be attached:

a) Copy of Child's Birth Certificate
b) Copy of Child's Immunization Record
c) Copy of Child's Social Security Card
d) Copy of Child's Health Insurance card
e) Income Verification
f) If the Child has Special Needs. Documentation Attached.
g) CDIB (If Applicable)

Head Start provides transportation to and from the Head Start Center in a 25 mile radius in service area. Includes Concho, El Reno, Kingfisher, Okarche, Geary and Calumet.

Certified Staff, Age Appropriate Curriculum, Certified CDL Bus Drivers, Nutritious Meals-Breakfast and Lunch, Cultural Activities and Field Trips.

The Cheyenne & Arapaho Head Start Program follows Federal Guidelines and local Department of Human Services requirements. The Head Start Program does not discriminate against: Race, Color, Sex, National Origin or Disabilities.

For Enrollment Packet or more information call

Benita Bear, Center Supervisor at (405) 422-7647 or Rachel Snyder, Family Services Coordinator at (405) 422-7645 or (405) 227-2055.

EATING well for DIABETES

By Tara Conway, MS, RD/LD, CDE
C&A Diabetes Wellness Program

Tips for making small changes

Make small changes to improve your health and wellness. Here are some tips to take control of your health.

Take your blood sugar and medications as ordered by your physician. If you have high blood pressure, check it everyday

Taking your blood sugar and medications helps you stay aware of your diabetes, work on getting it under control to prevent or delay complications.

Know your numbers, the ABCs: A1C; Blood Pressure, Cholesterol.

A1C- Is a three month indicator of how well you are keeping your blood sugar under control. It is important to keep your A1C at or below 7. Research shows if you have blood sugar below 7 the less complications you will have.

Blood Pressure-Goal number 130/80. Taking your medications and blood pressure daily will help prevent or delay complications associated with diabetes.

Cholesterol-below 200; LDL cholesterol 100 or less; HDL should be greater than 40 for men and greater than 50 for women; Triglycerides should be 150 or less.

Keep your medical appointments.

If you are overweight, lose weight. Take small steps.

Did you know? 12 ounce Gatorade has 310 calories, 1-12 ounce can Coke 150 calories, 1-8 ounce cup of sweet tea 35 calories. Tea is usually served in 16 ounce glasses so 1 serving equals 70 calories.

Drinking one less coke a day; over a year's time equals 52,500 calories or 15 pounds. Drinking one less Gatorade a day; equals 113,150 calories or 32 pounds in one year.

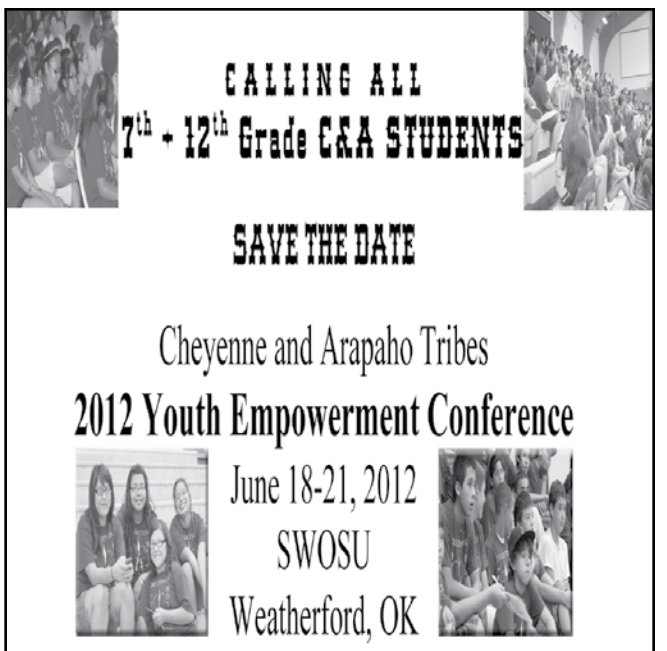
Change from sweet tea to non-sweet tea saves 25, 550 calories or 7 1/2 pounds.

The size of your plate matters. The difference between a 12-inch plate and a 9-inch plate is 500 calories.

Coming Soon Community Garden! Plots will be available on a first come first serve basis. If interested in participating contact the Diabetes Wellness Program at (405) 422-7683.

The Diabetes Wellness Program has a registered dietitian on staff to help you make small changes to improve your health and may be contacted at (405) 422-7685 or (800) 247-4612 ext. 27685.

We look forward to helping you with your needs.



2nd Annual
Cheyenne & Arapaho Youth Empowerment Conference
June 18-21, 2012
SWOSU, Weatherford, Okla.
Department of Education

STUDENT CREED

I am a member of Tsistsistas-Hinonoei.

The Creator has granted me the spirit of freedom to explore, the soul to believe that any dream is possible, and the ability to successfully achieve whatever I choose.

I will uphold the pride, honor, culture, and traditions of my ancestors.

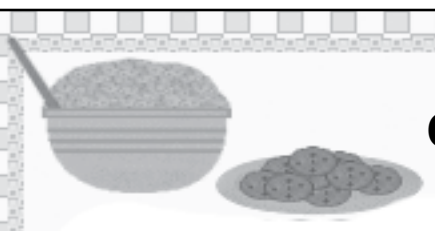
I will embrace education for my people, my family, and myself.

I will nourish my mind, my body, and my soul with all that is good,

I will respect all that surrounds me,

For I know that I am free to Dream, Believe, and Achieve.

All Cheyenne and Arapaho seventh through 12th grade students are encouraged to memorize prior to the Youth Empowerment Conference.



Sugar Free Strawberry Pie

Cooking with USDA Foods

Recipes furnished by the Cheyenne & Arapaho Food Distribution Program

1 large box of sugar free strawberry gelatin
1 small box of sugar free cook & serve vanilla pudding
1 container of fresh strawberries
2 cups of water
1 container of sugar free whip topping

Combine large box of strawberry gelatin, small box of cook and serve vanilla pudding and 2 cups of water in a saucepan. Slowly bring to a full boil stirring constantly.

In a 9 inch pie pan slice strawberries and layer
Pour gelatin and pudding mix over sliced strawberries
Refrigerate for 4-6 hours.
Top with sugar free whip topping

BRIEFS

The ninth annual Construction in Indian Country

April 24-25, 2012 at the New Wild Horse Pass Hotel and Casino in Chandler, Ariz. For more information or to register visit www.ciic.construction.asu.edu.

The 13th annual Native Secretaries and Administrative Assistants Conference

April 24-26, 2012 at the Sandia Casino and Resort in Albuquerque, N.M. For more information or to register visit www.dciamerica.com.

Security Force Policies and Procedures for Tribal Organizations

April 26, 2012 in Albuquerque, N.M. For more information or to register visit www.falmouthinstitute.com.

Amending Tribal Constitutions

April 26-27, 2012 in Phoenix, Ariz. For more information or to register visit www.dciamerica.com.

The 30th annual Native American Fish and Wildlife Society Conference

May 1-3, 2012 at the Harrah's Cherokee Resort in Cherokee, N.C. For more information or to registser call (303) 422-1725 ext. 105 or visit www. nafws.org.

Oklahoma Native American Construction Conference for Economic Development and Infrastructure

May 7-8, 2012 at the Skirvin Hilton Hotel in Oklahoma City. For more information visit www.nativenationevents.org.

The fifth annual Renewable Energy Projects in Indian Country Conference

May 21-22, 2012 at the Talking Stick Resort in Scottsdale, Ariz. For more information or to register visit www.nativenationevents.org or call (201) 857-5333.

The annual mid-year Tribal Enrollment Conference

May 22-24, 2012 at the Marriott Hotel in Brooklyn, N.Y. For more information or to register visit www.dciamerica.com.

The National Tribal Public Health Summit

May 30-June 1, 2012 at the Hard Rock Hotel and Casino in Tulsa, Okla. For more information or to register visit www.nihb.org.

Grassroots and Groundwork 2012 Conference-Working Together to Reduce Poverty and Build Prosperity

June 6-8, 2012 at the Mystic Lake Casino Hotel in Prior Lake, Minn. For more information or to register visit grassrootsandgroundwork.org.

The 25th annual Sovereignty Symposium

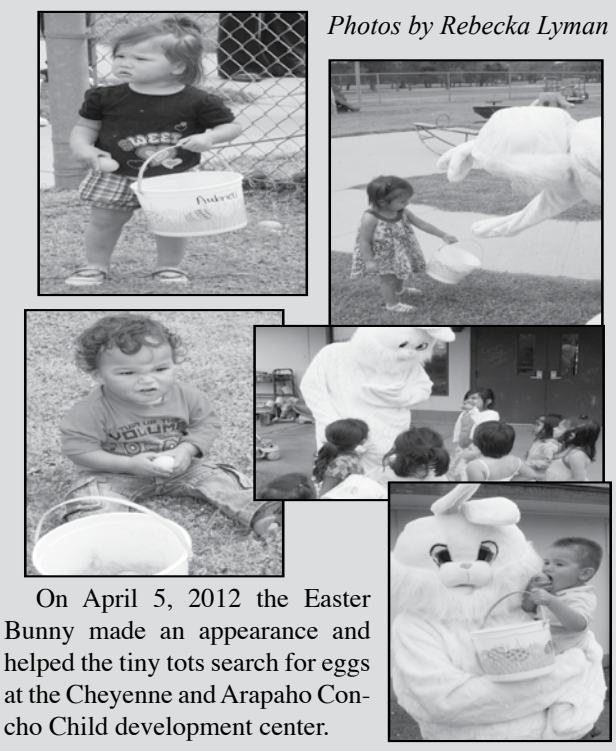
June 12-13, 2012 at the Skirvin Hilton Hotel in Oklahoma City. For more information visit www.thesovereigntysymposium.com.

The second annual Native American Human Resources Conference

June 19-20, 2012 at the Hard Rock Hotel in San Diego, Calif. To register visit www.nativenationsevents.org.

Tribal Tidbits

Photos by Rebecka Lyman



On April 5, 2012 the Easter Bunny made an appearance and helped the tiny tots search for eggs at the Cheyenne and Arapaho Concho Child development center.

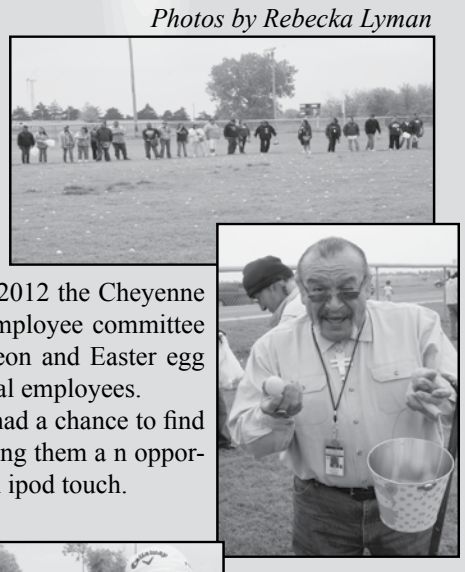
Courtesy photos

Pictured L-R: Kenneth Pewo, Gordon Orange, Thurman Starr, Carl (keeper of Sand Creek Massacre site), Benny Highwalker Jr., Durwood (keeper of Sand Creek Massacre site), and Walter Miles

Pictured L-R: Kenneth Pewo, Walter Miles, Thurman Starr, and Gordon Orange

The Hammon fence crew would like to thank Gov. Janice Boswell, Ida Hoffman, and Chester Whiteman for recommending us to go to Colorado to build fence. We are greatly thankful. Thank you from the bottom of hearts. You are in our prayers and may good thoughts and blessings come your way. Ah-ho from the Western Oklahoma Fence Crew, Walter Miles, Gordon Orange, Kenneth Pewo, Benny Highwalker Jr., Craig Phillips and Richard Bird. Also a big thank you to Thurman Starr.

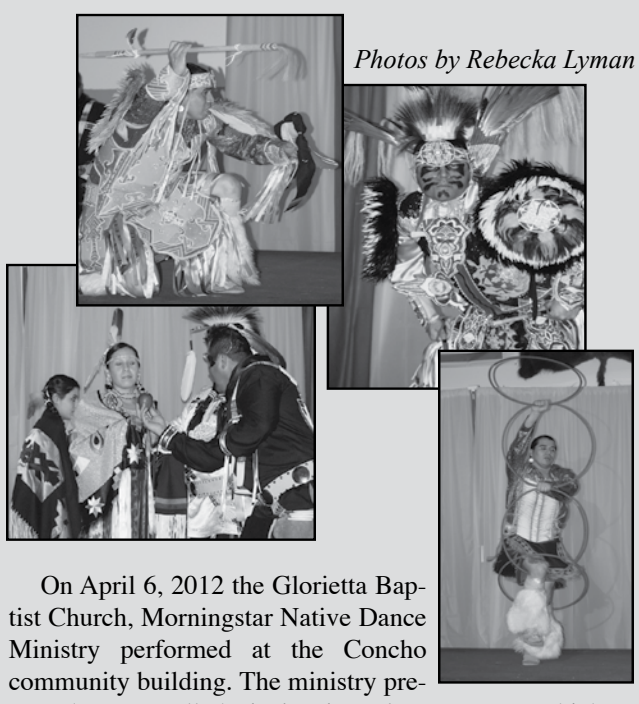
Photos by Rebecka Lyman



On April 6, 2012 the Cheyenne and Arapaho employee committee hosted a luncheon and Easter egg hunt for all tribal employees.

Employees had a chance to find a prize egg giving them a n opportunity to win an ipod touch.

Photos by Rebecka Lyman



On April 6, 2012 the Glorietta Baptist Church, Morningstar Native Dance Ministry performed at the Concho community building. The ministry presented a story called *The bright and Morningstar* which was performed through traditional Native American song and dance.

Domestic violence and the effects it has on children

By Monica Williams-Mendivil, Jicarilla Service Unit

Domestic violence affects every member of the family, including children. Family violence creates a home where children live in constant fear. Children who witness violence in the home are affected in many ways; the effects are similar to those children who are abused physically.

Statistics show that over 3 million children witness violence in their homes each year. Children who see and hear violence in the home suffer physically and emotionally. Most of these behavioral problems will continue into adulthood.

Children who are exposed to the violence become fearful and anxious. They are always on guard, watching and waiting for the next event to occur. The children live in fear constantly for they do not know what will trigger another violent occurrence. Children from abusive homes can look fine to the outside world, but inside they are in terrible pain. They may blame themselves for the abuse thinking if they had not done or said a particular thing, the abuse would not have occurred. They may also become angry with their siblings or their mother for triggering the abuse. They may feel rage, embarrassment and humiliation.

Children of domestic violence feel isolated and vulnerable. They are starved for attention, affection and approval. Because one of the parents is struggling to survive from the violence, he or she is often not able to be there for the children emotionally or physically; therefore, the children become physically, emotionally and psychologically abandoned.

Whether or not children are physically abused, they often suffer emotional and psychological trauma from living in homes where domestic violence is present. Children whose mothers are abused are denied the kind of home life that helps promote healthy lives. Children who grow up observing their mothers being abused, especially by their fathers, grow up with a role model of intimate relationships in which one person uses intimidation and violence over the other person to get their way. Abusers typically play into this by putting the mother down in front of her children and telling them that their mother is "crazy" or "stupid" and that they do not have to listen to her. Seeing their mothers treated with enormous disrespect, teaches children that they can disrespect women the way their father do often leading domestic violence to the next generation.

Most experts believe that children who are raised in abusive homes learn that violence is an effective way to resolve conflicts and problems. They may replicate the violence they witnessed as children in their teen and adult relationships and parenting experiences. Males who witness their mothers' abuse are move likely to batter their female partners as adults than males raised in non-violent homes. For girls, adolescence may result in the belief that threats and violence are the normal in a relationship.

Children from violent homes have higher risks of alcohol and drug abuse, post-traumatic stress disorder and juvenile delinquency. Witnessing domestic violence is the single best predictor of juvenile delinquency and adult criminality and abuse in future relationships. It is also the number one reason children run away.

Some examples of effects from domestic violence, based on age groups are infants, poor sleeping habits, eating problems, higher risk of physical injury, frequent illnesses and developmental delays. Preschool symptoms can include irritability, fear of being alone, separation anxiety, sympathetic towards mother, verbal about home life. School aged children may exhibit self blame, aggressive behaviors, poor social skills, guarded, secretive about family, withdrawal or separation, behavior problems becoming more serious, very protective of mother, emotional difficulties, shame, fear, confusion and rage.

In adolescence behavior problems become dangerous, suing drugs and/or alcohol, committing crimes, sexual acting out, pregnancy, suicidal, runaways, dating relationships may reflect what was seen in the home growing up reflecting violence.

If you know of a child that is experiencing or witnessing domestic violence in the home there is help. Call the National Domestic Violence hotline at (800) 799-7233. Hotline advocates provide crisis intervention, safety planning, information and referrals. Head Start and early Head Start programs also have this information.

For more information on domestic violence call the Cheyenne and Arapaho tribes Domestic Violence program at (405) 422-7692. For emergency help call (405) 201-8295.

The Domestic Violence program services Canadian, Kingfisher, Blaine, Dewey, Custer, Washita, Beckham and Roger Mills counties.

Women Are Sacred

The Cheyenne and Arapaho tribes Domestic Violence Program provides

Counseling for Native American women, including the elderly, who have been involved in domestic abuse, sexual assault or stalking.

Advocacy in obtaining victim's protective orders and referrals to agencies that may be of assistance to them.

Support for clients and their families while in crisis.

For more information or help call (405) 422-7692-office or toll free (800) 247-0345 ext. 27692

This project is supported by Grant No.2209-TW-AX-0039 awarded by the Office on Violence Against Women, U.S. Department of Justice

Central Hair & Nail Salon
Haircuts Perms Color Wax
3518 N. MacArthur Blvd.
Oklahoma City
Tues-Fri 10:30-6:30
Sat. 10-6
Georgia Moore McGee
Cell 405.882.0711
Salon 405.943.1819
APRIL SPECIAL!! $5 off Shampoo/ Hair Cut!!!!

Powwows & Events Calendar

Healthy Bites Cooking Classes

April 17, 2012 from 12 p.m. - 1 p.m. in the large conference room at the Clinton Indian Health Center and April 20, 2012 from 12 p.m. - 1 p.m. at the Cheyenne and Arapao tribes' Native American Church building. Learn about healthy breakfast ideas at the FREE class. For more information contact Kristie Purdy at (580) 331-3458.

Cheyenne and Arapaho tribes Career Fair

10 a.m. - 3 p.m., April 18, 2012 at the Western Technology Center in Weatherford, Okla. Hosted by the Vocational Rehabililtation program and the Workforce Investment Act program. For more information call (580) 774-0224, ext. 224.

Blood Drive for Jennifer Ochoa

April 18, 2012 from 12 p.m. - 4 p.m. at the Concho Community Center in Concho, Okla. Jennifer Ochoa is in need of a kidney transplant and is in need of blood. Please donate. For more information contact Trisha Ochoa at (580) 922-0302.

Graduation Dance for Aaron Littleman

April 21, 2012 at the Concho Community Building in Concho, Okla. Supper at 5 p.m. Pretty Shawl contest, first, second and third place prizes. For more information call (580) 214-1485.

Rose State College Spring Contest powwow

April 21, 2012 at the Rose State College Professional Training and Education Center, 6420 S.E. 15th Street in Midwest City, Okla. Gourd dance begins at 2 p.m. Dinner provided at 5 p.m. and Grand Entry at 7 p.m. For more information or booth rentals call (405) 736-0347.

Lucky Star Casino presents Larry Hernandez Invitados Especiales: Los Boyz of Kumbia - La Embarcacion La Musica Nortena

April 21, 2012 at the Lucky Star Casino Event Center in Concho, Okla. Doors open at 7 p.m., concert at 8 p.m. For tickets visit www.ticketstorm.com. For more information call (405) 262-7612.

Gathering of Nations 2012 powwow

April 26-28, 2012 at the University of New Mexico's, The Pit in Albuquerque, N.M. For more information visit www.GatheringofNations.com.

Clinton Service Unite (CSU) Youth powwow

April 28, 2012 at the Frisco Center in Clinton, Okla. Featuring Senior Princess, Alyssa Bish, Junior Princess McKenna Lime and Little Princess, Ann Marie Cometsevah. Dance contests in all categories ages 1-18. For more information contact Angie Littleman at (580) 331-3343.

Lucky Star Casino presents Buckcherry with James Durbin and Redlight King

April 28, 2012 at the Lucky Star Casino Event Center in Concho, Okla. Doors open at 7 p.m., concert at 8 p.m. For tickets visit www.ticketstorm.com. For more information call (405) 262-7612.

Graduation and 18th Birthday Dance for Trayla Valerie Reyes

May 5, 2012 at the Custer County Fairgrounds in Clinton, Okla. Gourd dance at 2 p.m., supper at 5 p.m. Inviting all princesses, powwow organizations, friends and family.

Graduation Dance for Emily Paige Wilson

May 5, 2012 at the Concho Community Center in Concho, Okla. Gourd dance at 3 p.m., meal at 5 p.m. with dance to follow. Fore more information contact Fritz Prairie Chief at (918) 541-3778 or Yvonne Wilson at (405) 262-9471.

Arapaho Sun Dance sponsor Gabriel Warren Benefit Dance

May 5, 2012 at the Geary Community Center in Geary, Okla. Supper at 5 p.m. Sponsored by Dale and Bobbi Hamilton family. For more information call (405) 371-4045.

91st Birthday Dance for Myrtle Wood

May 12, 2012 at the Concho Community Center in Concho, Okla. Gourd dance at 2 p.m., supper at 5 p.m. Sponsored by the family of Myrtle Wood. For more information call Joyce Wood at (405) 313-5007.

Lucky Star Casino presents KIMBO Slice Fight

May 12, 2012 at the Lucky Star Casino Event Center in Concho, Okla. Doors open at 7 p.m., event begins at 8 p.m. For tickets visit www.ticketstorm.com. For more information call (405) 262-7612.

Mother's Day Birthday Dance for Rhoda Youngbird Braxton

May 13, 2012 at the Watonga Multi-Purpose Center in Watonga, Okla. Meal at 2 p.m., Gourd dance to follow. For more information contact Winona Youngbird at (405) 422-7873.

Oklahoma Indian Nation Princess Coronation Dance

Saturday, May 26, 2012 at the Darlington School gym in El Reno, Okla. Supper at 5 p.m. with Gourd dance to follow. Announcing and introducing the 2012 OIN Princess Royalty.

The Prairie Band Potawatomi 2012 powwow

June 8-10, 2012 at 150th and M Road in Mayetta, Kansas. More than $100,000 in cash prizes. Grand entry at 7 p.m. both nights. For more information visit www.pbpgaming.com or call (888) PBP-4WIN.

Happy Birthday

Happy 4th Birthday
Ayden Lewis Lambert
April 22
We all love you so much!
Mom and dad, grandma
Kathy, Aiyana, Isaac, Zaina,
Amy, Renita and Perry

Happy 55th Birthday
Bobby Joe Lamebull
May 15
Cheyenne and Arapaho's youngest elder. May God bless your health and grant many more years with your family and friends.
Love big brother Bill

Happy Birthday
Chauncina Sutton
April 10
From mom, Cheryl, and brother Aaron
We love you very much!

Happy 46th Birthday
Dee Ann Alexander
May 21
I'm very proud of the many accomplishments in your life. I always treasure the many memories of our fun times and adventures.
Love big brother Bill

Happy 7th Birthday
Hayden Campbell
Sheridan-Beartrack
I love you first and always my "Cha Cha".
God bless you and may you have many more birthdays to come.
Love your guts, mom

Happy Birthday Hayden
Love you lots,
Your Bubba, Christian

Happy Birthday
Issac J. Sutton
April 1
From dad, Aaron and grandma Cheryl
We love you very much!

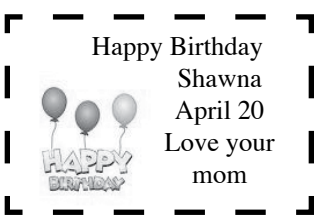
Happy Birthday Papa!
April 12
Love, Miklyn and Aden

Happy 13th Birthday
April 2
Tara Moss
I Love You! Your dad -
Jarrod Moss

Happy Birthday
Taylor R. Sutton
April 18
From grandma, Cheryl and uncle Aaron
We love you very much!

Happy 18th Birthday
Travis Ruiz
April 15
From your C-A family and grandma Wanda!

Happy Birthday
Virgil R. Quick
April 22
From Cheryl, I love you!



Happy Birthday
Shawna
April 20
Love your mom

Happy Birthday to my twins

Edwina Pewo and
Edwin Jack Pewo
April 20 and my baby boy
Kenneth Pewo Jr.
April 21
Love dad

I would also like to thank my family for helping me out a great deal, it's very tough being a single parent. So thanks a lot to my sisters Edwina and Johnnie Sue, and my nieces Ty, Tiff, and T.J. BullComing and Carrie Greeley and my big bro Ty. Most of all my mother Margie Pewo (Don't know what I would do without you) I love you!!!. Thanks again!
I LOVE YOU ALL!!!
Kenneth Pewo Sr.

Happy Birthday big and nasty Robert
April 20
Love your sister Caroline

Birth Announcement

Penelope Ava Rose Ellis

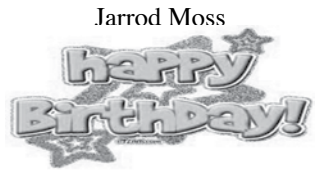
Clifton Ellis Jr. and Marina Berryhill are proud to announce their baby girl Penelope Ava Rose Ellis born April 4, 2012. Penelope weighed in at 7 lbs. 8 oz. and 20 inches long. She has three cousins Cordell Ellis, Jarell Lowe and Serenity Lowe. Her aunts are Rebekah, Francine Ellis and Marlee Berryhill. Uncles are Elijah Ellis and Miles Berryhill. Maternal grandparents are Jamie and Michael Berryhill. Paternal grandparents are Deborah and Clifton Ellis Sr. Great grandparents are Frank and Annie Seger.

Happy Easter
Kenneth Pratt
I love you and miss you ever so much.
Love Bonnie Sue, Konner, Kaiden

Birth Announcement

Serenity Avalee Pa'na Lowe

Cordell and Jarell would like to introduce their new sister Serenity Avalee Pa'na Lowe. She was born on Jan. 31, 2012 weighing in at 9 lbs. and 21 inches long. Her proud parents are Francine and Justin Lowe. Serenity's brothers are Cordell Ellis and Jarell Lowe. Uncles are Clifton Jr and Elijah Ellis. Aunts are Rebekah Ellis, Kayelyn Chalepah, Jasmine Jefflo, and Nakyla Carter. Paternal grandparents are Walter Lowe and Stephanie Dawkins. Maternal grandparents are Deborah and Clifton Ellis Sr. Great grandparents are Frank and Annie Seger.



Happy Easter to my family
Tia, the boys, Tirader, Ryan, Addy, Araelynn, Shawn,
Jana, Staci, Theresa, Terrill, Colby, Damien, James (DJ),
Keely, Ethan, Aiden, Ariel, Arianna and LaShayla.
Sorry I am not there,
Have fun we miss you guys and love you.
Love Bonnie, Konner and Kaiden

Song of the First Nation

I will not fight you and I will not hate you
I am a warrior and not a victim,
Take what you want from me-
I will laugh that I have something left and
I will stand my ground.
I take my pain to the Creator-
You will find that there is no pain that can befall me.

Fate will not deter me I choose what I do.
Your control will not unhinge me,
I am a man/woman and I am a warrior
God's beauty has expressed itself in me.

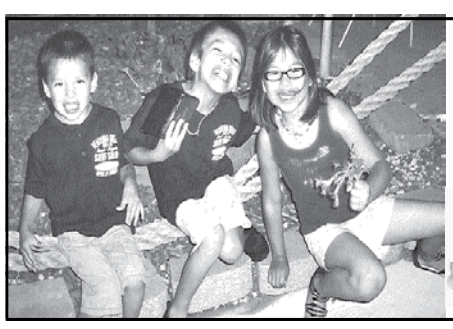
In this world that conspires to distract us
From the truth of the unseen-
That shrinks our traditions into dust that blows away
We will not fall into decay-
My ancestors have danced beyond what exists,
We are descended from the Creator
And I will be no victim,
Regardless of what is left of me.

I strengthen myself
To prepare for the war of being different,
Purity of heart, of mind, of will-
I am walking soundly on the earth
I have the will to survive
The directions call out to receive me,
I will leave my woundedness behind.

Focus
Fast
Dance
Pray-
We choose honor,
Moving with all that blocks us
The Creator calls to those who listen
And we will bring this world a new destiny.

I am descended from warriors
I choose to bring that back to me
I call back the power that has been left behind
We will walk away from this fight-
And decide what we become across this space and time,
We have the power to be free.
There are no victims, only warriors-
Who stand on this earth and ask the Creator to honor what we are
And protect what we become.
We have our ways and we own our struggles-
We can find our way home.

Wendy Walton
(With love to those who fight these battles)



Happy Easter
Aden, Isaiah
and Miklyn!
Love, mom
and dad

Happy 16th Birthday Shawn Surveyor
April 9

We love you and miss you
Have Fun!
Love Bonnie, Konner and Kaiden

Happy 50th Anniversary

Waymon and Sherry Wells
April 10
Waymon and Sherry have four children, five grandchildren and three great-grandchildren. They have been through ups and downs but through it all their love has remained and they have never thought about being apart.
Congratulations to Waymon and Sherry

Happy Birthday

Happy 20th Birthday
April 16
Tirador Pratt
We love you and miss you
Love Bonnie, Konner and Kaiden

In Memoriam

Tony DeLang Smoker
Aug. 28, 1974
April 7, 2012

Tony DeLang Smoker was born Aug. 28, 1974 in Okeene, Okla. to Gale and Carmel (Oliver) Smoker. He departed this life on Saturday, April 7, 2012 at his home near Hugo, Okla.

Tony grew up in the Canton and Longdale areas and attended school at

Longdale through the eighth grade and graduated from Durant High School. He attended two years of Vo-tech and was certified in electronics. He enjoyed fishing and loved to watch Nascar. He married Christy Hardage on Sept. 21, 1998 at Englewood, Colo.

Tony was preceded in death by his parents and grandfather Christopher Oliver.

Survivors include his wife Christy Smoker of the home; two children, daughter Karissa Smoker and son Tyler Smoker; one brother, Galenn Smoker and wife Newakis of Canton, Okla., two sisters, Connie Turley of Longdale, Okla. and Ella Turley of Enid, Okla.

A wake service was held April 11, 2012 at the Longdale Assembly of God Church with Pastor James Scott officiating.

Funeral services were held April 12, 2012 at the Longdale gymnasium with Pastor James Scott officiating. Interment followed in the Canton Reinterment Cemetery near Canton Lake under the direction of Haigler-Pierce Funeral Home, Canton. Condolences may be made online at www.haiglerpierce.com.

JOBS find your Career

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver's license, and CDIB to: Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: whaag @c-a-tribes.org.

Server Engineer/Systems Support Communications/IT
Closing Date: Until Filled
QUALIFICATIONS:

Bachelor of Science in Technology or a related field or any equivalent combination of experience, education and training which provides the desired knowledge, skills, and abilities preferred. Three to five years experience as a solid server systems technician or related field with a specialty in Microsoft Windows Server 2003 and 2008 R2, 2008 R2 Core, and Linux. Prefer certifications MCSE or MCITP A+ and Net+.

SALARY: Negotiable

File Clerk
Per Capita Office
Closing Date: Until filled
QUALIFICATIONS:

Experience in keyboards and familiar with spread sheet and word processing programs. Familiar with basic filing techniques. Random U.A. required. One year minimum experience in general office procedures. High school diploma or G.E.D. certification required. Work experience must include experience with computers and office equipment. Must possess valid Oklahoma driver's license. Native American preference.

SALARY: Negotiable

Counselor
Vocational Rehabilitation Program, Watonga, OK
Closing Date: Until filled
QUALIFICATIONS:

Bachelor's degree in a social science field preferred. Two years experience in the delivery of social services and/or community based networking and referral services. One year experience preferred in community-based networking and referral services. Two years counseling experience with case management and/or vocational interest assessment experience preferred. Must possess valid Oklahoma driver's license and have reliable transportation. Cheyenne and Arapaho preference. Must pass pre-hire background investigation.

SALARY: Negotiable

Site Manager
R.E.Sp.E.C.T. Program, Clinton, OK
Closing Date: Until Filled
QUALIFICATIONS:

Must possess a high school diploma or G.E.D. certification. Associates degree preferred or two years of work experience in related field or its equivalent. Must be willing to further education. Must receive and maintain CPR/First Aid Certifications and be knowledgeable about the Cheyenne and Arapaho people, communities, traditions, culture and customs. Possess a valid Oklahoma driver's license. TERO applies (Cheyenne and Arapaho Tribal preference) and must pass a background check.

SALARY: Negotiable

Indian Child Welfare Caseworker
Closing Date: April 18
QUALIFICATIONS:

Prefer bachelor's degree in social work or related field or an equivalent combination of education and experience. Ability to work flexible hours and willing to work other hours including after 5 p.m. Must have knowledge of crisis theory and interventions. Possess communication skills, written or oral, to relate to Indian and non-Indian communities, other agencies and the general public. Must have basic knowledge of early childhood education and child welfare casework, child abuse and neglect indicators. Ability to maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as to the confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho/American Indian cultures and values. Ability to work with difficult clientele with various social problems.

SALARY: Negotiable

Videographer/Editor
CATV-47-Education
Closing Date: April 18
QUALIFICATIONS:

A successful videographer/editor possesses excellent videography and editing skills and possesses a keen awareness of screen composition, video quality, audio quality and lighting aesthetics. This individual is a highly organized, independent worker with good communication skills, good interpersonal skills and problem-solving abilities. To perform this job successfully, the individual must be able to perform each essential duty satisfactorily. Requirements listed are representative of the knowledge skill, and/or ability required. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions. Minimum high school diploma or equivalent and one or more years work experience (includes higher education course/lab work). Prefer bachelor's degree in communications/broadcasting/radio-TV- film/engineering or related fields.

SALARY: Negotiable

Office Clerk
Per Capita Office
Closing Date: Until Filled

QUALIFICATIONS:

Experience with computers, familiar with spreadsheet and word processing programs, with basic filing techniques. Random U.A. required. One year minimum experience in general office procedures. High school diploma or G.E.D. certification required. Work experience must include experience with computers and office equipment. Must possess valid Oklahoma driver's license. Native American preference.

SALARY: Negotiable

STATE HANDGAME TOURNAMENT
May 19, 2012-Noon Meal Provided
Geary Community Hall-Geary, Okla.
12:30-1:15 p.m. Registration
1:30 SHARP - TOURNAMENT BEGINS
No Late Entries, No Add On to Rosters
1st Place $ 2,000
2nd Place $ 1,000
3rd Place $ 500
Awards include:
Best Guesser
Best Hider
Best Banner
King & Queen
Best Dressed Team
Team members— 3 minimum
Age limit—16 years & older, must have ID
Sponsored by:
Arapaho Nation Handgame Team
For more information call: 580-886-2824

Vocational Rehabilitation and Workforce Investment Act
Will be hosting a community "Career Fair"

Date: April 18, 2012
Time: 10 a.m. – 3 p.m.
Where: Western Technology Center
2605 E. Main Weatherford, Okla.
(580)-774-0224 Ext.224

Invitations will include many Tribal programs, Tribal Enterprises, and Local Employers.
Hope to see you there!!

"Promoting employment and training services to the western communities"

Cheyenne and Arapaho Tribes of Oklahoma
405/262-0345

Greetings Editor:

I would like to request the following to be printed in your next issue. Thank you.

"Every word of God is pure: He is a shield untol them that put their trust in Him" (Proverbs 30:5).

To all that falsely accused my earthly son James Icey Daukei Jr. for a crime he did not commit. You know who you are.

Jewish courts gave this warning concerning the value of life to the witnesses in capital cases before they gave evidence: "Perhaps it is your intentions to give testimony on the basis of supposition, hearsay or of what one witness has told another; or you may be thinking, 'we heard it from a reliable person.' Or you may not know that in the end we are going to interrogate you with appropriate test of interrogation and examination." "Witnesses answerable for blood. In capital cases (the accused's) blood and the blood of all those who were destined to be born from him (who was wrongfully convicted) are held against him, (who testifies falsely) to the end of time."

To all that wrongfully convicted my earthly son James Icey Daukey Jr. by way of a coerced plea bargain. You know who you are.

Do you know that you could be judging a saint? The principle of justice should be properly done. "Withhold not good from them to whom it is due, when it is in the power of thine hand to do it." (Proverbs 3:27) How can you close your heart and ears to the truth and remain innocent before Jehovah God? "He that turneth away his ear from hearing the law, even his prayers shall be an abomination." (Proverbs 28:9)

To the parents who wrongfully accused my earthly son James Icey Daukei Jr. of a crime he did not commit. What or who gives you the right to say whether or not my eartly son lives? Neither one of you are not the Almight Heavenly Father Jehovah God. "He that covereth his sins shall not prosper, but whoso confessed and forsaketh them shall have mercy." (Proverbs 28:13)

When one of Jehovah God's human creations do wrong what is the natural thing for us to do? Excuse it, seek to hide it or blame someone else for it. (Genesis 3:12, 13) Genesis 4:9)

"Let them alone, they be blind leaders of the blind and if the blind lead the blind, both shall fall into the dich." (Matthew 15:14)

Love comes from our Heavenly Father that He gives to every human creation He has created. Some human creations do not know the true meaning of love. "God is love." (I John 4:8) (I John 4:16)

Jehovah God places love in each human creations' heart which is the basis of right and wrong. It is love that tells me that my earthly son is innocent. Jehovah God does not lie!

Furthermore, my earthly son James Icey Daukey Jr. does not have to live with guilt, he took Jesus Christ as his Lord and Savior. Any one that has to live with guilt is you the parents for bringing about the begl3ecting of your children in an apartment full of wrong doings. The both of you know that is is a fact that my earthly son did not commit the crime he is accused of and wrongfully convicted of by way of a coerced plea bargain. You parents need to tell the truth and the truth shall set you free. I challenge you both to seek, study and understand the Word of God.

To all that has persecuted my earthly son James Icey Daukei Jr., his earthly father, his sisters, his nephew, his nieces and I know who you are. All the persecution tells me that you were all there March 23, 2011 when the homocide occurred, come forward and tell the turth. "For so is the will of God, that with well doing ye may put to silence the ignorance of foolish men." (I Peter 2:15)

O Lord my God in thee do I put my trust, save me from all of them that persecute me and deliver me (Psalm 7:1) "And when ye stand praying, forgive, if ye have ought against any, that your Father also which is Heaven may forgive you your trespasses." (Mark 11:25)

May Jehovah God have mercy on all that wrongfully testified and wrongfully convicted by way of coerced plea bargain.

The mother of James Icey Daukei Jr.,
Pauline White Tail Watonga, Okla.

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA FILED IN THE TRIAL COURT DOCKET PAGE IMAGE COURT CLERK DEPUTY

IN THE DISTRICT COURT
CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022

JOSEPHINE BORUNDA, Plaintiff,
vs.
NEPOMUESNO BORUNDA, Defendant,
Case No: CNA-IFD-2012-0009

NOTICE BY PUBLICATION

THE CHEYENNE-ARAPAHO TRIBES TO: Nepomuseno Borunda, 818 East Main Street, Farmington, NM 87401

TAKE NOTICE, that you have been sued by the filing of a Petition on MARCH 14th, 2012, in the Trial Court of the Cheyenne-Arapaho Tribes, State of Oklahoma, by the Plaintiff, Josephine Borunda, for a divorce on the grounds of incompatibility and gross neglect of duty and you have until April 20th, 2012 to answer said Petition; You may appear at the Final Hearing set on the 9th day of MAY, 2012 at 10:00 A.M., at the Courthouse, 700 N. Black Kettle Boulevard, Concho, Oklahoma or the petition will be taken as true and a judgment will be rendered for the plaintiff granting him a decree of divorce, custody, visitation and child support of parties minor children; and equitable division of marital debts and assets.

Issued this 5th. day of April, 2012.

Fran Wilson, Deputy Court Clerk
Cheyenne-Arapaho Trial Court

Petitioner:
Josephine Borunda
P.O. Box 832
Seiling, Ok 73663

APR – 4 2012 CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA FILED IN THE TRIAL COURT DOCKET PAGE IMAGE COURT CLERK DEPUTY

IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022

In The Matter Of The Guardianship Of:
RICHARD MICHAEL DOB: 06/06/03
JESSE MICHAEL DOB: 04/10/05
Minor Children
Case No: CNA-PG-2012-0006

NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: STEPHANIE MICHAEL, RICHARD SEPULVEDA

You are hereby notified that RUBEN W. SCABBY has filed in this Court a Petition For Appointment Of Guardian of the persons and/or estates of RICHARD MICHAEL and JESSE MICHAEL, minor children, and that said Petition is hereby set for a Guardianship Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the **9TH** day of **MAY**, 2012 at **10:00 A.M.**, at which time you may appear and show cause, if any you have, why said Guardianship should not be granted.

Dated this 4TH day of APRIL, 2012.

Edwina Whiteman, Court Clerk
Cheyenne and Arapaho Trial Court

Petitioner:
RUBEN W. SCABBY
921 N. 7TH
FREDRICK, OK 73542

STOP LOCATIONS FOR ALL ROUTES

Concho, OK 100 Red Moon Circle	Reding Square/OKC 922 SW 36th Street	Elk City Love's 2703 E. Hwy 66
Metro Transit/OKC 420 NW 5th Street	Save a Lot/El Reno 400 W. Sunset Drive	Walmart/El Reno, OK 2400 S. Country Club Road
Canton Lucky Star 301 NW Lake Rd.	Geary, OK Comm. Hall 121 E. Main Street	Clinton IHS N. Ind. Hosp. Rd.
Longdale, OK Jiffy Trip Hwy 58 and 1st Street	Seiling C-1 Office 411 N. Main Street	Clinton Lucky Star Dog Patch Rd./Ind. Hosp. Rd.
Watonga IHS S. Clarence Nash Blvd.	Hutch's (WFORD) 309 West Main St.	Biscuit Hill I-40/HWY 281
Clinton Transit Building N. Indian Hosp. Rd	Hammon Community Hall 801 Dunn Street	

BLUE ROUTE

START OF MORNING ROUTE	
ELK CITY (EAST LOVE'S)	700 AM
HAMMON (COMM. HALL)	720 AM
CLINTON (LUCKY STAR)	800 AM
CLINTON (TRANSIT)	810 AM
WFORD (HUTCH'S)	830 AM
BISCUIT HILL	900 AM (T)
WFORD (HUTCH'S)	930 AM
CLINTON (TRANSIT)	950 AM
ELK CITY (EAST LOVE'S)	1030AM
END OF MORNING ROUTE	

START OF AFTERNOON ROUTE	
ELK CITY (EAST LOVE'S)	115 PM
CLINTON (TRANSIT)	155 PM
WFORD (HUTCH'S)	215 PM
GEARY (COMM. HALL)	300 PM (T)
CLINTON (TRANSIT)	400 PM
HAMMON (COMM. HALL)	445 PM
ELK CITY (EAST LOVE'S)	515 PM
END OF AFTERNOON ROUTE	

RED ROUTE

START OF MORNING ROUTE	
CONCHO (COMPLEX)	900 AM
EL RENO (SAVE A LOT)	915 AM
EL RENO (WALMART)	930 AM
OKC (REDING SQUARE)	1015 AM
OKC (METRO TRANSIT)	1045 AM
EL RENO (WALMART)	1130AM
EL RENO (SAVE A LOT)	1145AM
CONCHO (COMPLEX)	1200PM
END OF MORNING ROUTE	

START OF AFTERNOON ROUTE	
CONCHO (COMPLEX)	100 PM
OKC (METRO TRANSIT)	145 PM
EL RENO (WALMART)	215 PM
GEARY (COMM. HALL)	300 M(T)
EL RENO (WALMART)	330 PM
EL RENO (IHS)	345 PM
EL RENO (SAVE A LOT)	400 PM
CONCHO (COMPLEX)	500 PM
EL RENO (SAVE A LOT)	515 PM
CONCHO (COMPLEX)	530 PM
END OF AFTERNOON ROUTE	

CHEYENNE-ARAPAHO TRIBAL TRANSIT

2012 Schedule
(Effective March 19, 2012)

Blue-Green-Red-Yellow Routes Available Monday-Friday

BLUE-GREEN-RED-YELLOW ROUTES FARE SCHEDULE

ONE WAY FROM PICK-UP TO DROP OFF
$1.50 General Public
(DISCOUNT FOR ELDERS AND TRIBAL MEMBERS)

(T) Transfer

All times listed are departure times, except END OF MORNING AND AFTERNOON ROUTE TIMES.

GREEN ROUTE

START OF MORNING ROUTE	
CANTON (LUCKY STAR)	635 AM
SEILING (C-1 OFFICE)	700 AM
CANTON (LUCKY STAR)	735 AM
WATNGA (IHS CLINIC)	820 AM
GEARY (COMM. BLDG)	840 AM
BISCUIT HILL (LOVE'S)	900 AM (T)
GEARY (COMM. BLDG)	915 AM
WATNGA (IHS CLINIC)	935 AM
CANTON (LUCKY STAR)	1005 AM
END OF MORNING ROUTE	

START OF AFTERNOON ROUTE	
CANTON (LUCKY STAR)	105 PM
SEILING (C-1 OFFICE)	135 PM
CANTON (LUCKY STAR)	205 PM
WATONGA (IHS CLINIC)	240 PM
GEARY (COMM. BLDG)	300 PM (T)
CANTON (LUCKY STAR)	515 PM
SEILING (C-1 OFFICE)	545 PM
CANTON (LUCKY STAR)	615 PM
END OF AFTERNOON ROUTE	

YELLOW ROUTE

START OF MORNING ROUTE	
EL RENO (SAVE A LOT)	730 AM
CONCHO (COMPLEX)	815 AM
EL RENO (WALMART)	830 AM
BISCUIT HILL (LOVE'S)	900 AM (T)
EL RENO (WALMART)	930 AM
CONCHO (COMPLEX)	945 AM
EL RENO (SAVE A LOT)	1015AM
EL RENO (IHS CLINIC)	1030 AM
CONCHO (COMPLEX)	1100 AM
END OF MORNING ROUTE	

START OF AFTERNOON ROUTE	
CONCHO (COMPLEX)	100 PM
EL RENO (SAVE A LOT)	115 PM
EL RENO (IHS CLINIC)	130 PM
CONCHO (COMPLEX)	145 PM
EL RENO (SAVE A LOT)	200 PM
EL RENO (WALMART)	215 PM
EL RENO (IHS CLINIC)	230 PM
CONCHO (COMPLEX)	245 PM
END OF AFTERNOON ROUTE	

SPORTS SPOTLIGHT

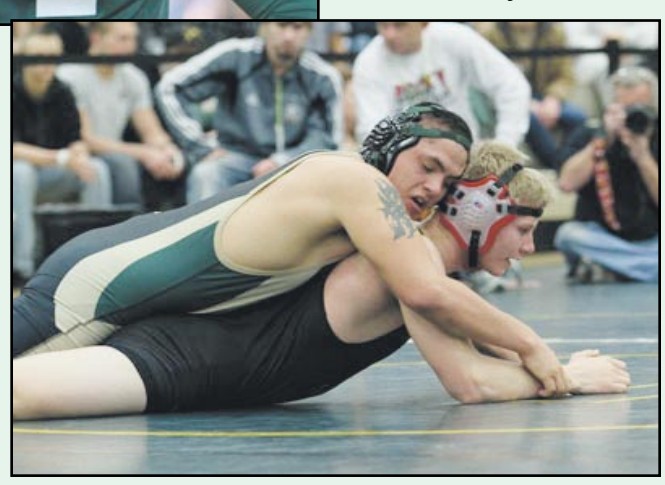
Cameron Morton is a senior at Bear Creek High School in Morrison, Colo.

Cameron is the son of Shelly Kelly and the late Samuel Morton, III, of Denver, Colo. His grandparents are the late Geraldine (Tallbull) and Samuel Morton Jr., formerly of Kingfisher, Okla. Cameron's great-grandparents are the late Mabel Medicinebird Tallbull Horn and John Charles Tallbull and the late Estella and Samuel Morton Sr.

Cameron has two siblings, Jennifer and Jason Morton of Kingfisher, Okla.

Cameron has played football for 10 years, with his senior position being a 6'4", 230 lb. defensive end. He has been awarded the second team All Conference Defense award and first team Offensive award.

Cameron also wrestles and has been a state qualifier since the 10th grade. He placed third at the state tournaments in his junior and senior years.



Cameron also enjoys running track. He plans to attend college in the fall and is interested in the University of North Carolina, Pueblo State or Western State Universities.

Cameron enjoys playing his x-box, rock climbing, playing basketball. His favorite movie is Apocalypto.

Submitted photo

Mickayla and Andrea Curtis are students at the Anadarko Martial Arts Studio in Anadarko, Okla.

Curtis sisters promoted to purple belts

The Curtis sisters, Mickayla and Andrea, Cheyenne and Arapaho, were promoted to their purple belts at the Anadarko Martial Arts on March 29, 2012.

These students were evaluated on their stamina of hard exercises consisting of jumping jacks, pushups, running laps and crunches. In addition to these exercises they were evaluated on their knowledge of the Five Tenets of Tae Kwon Do, skills and techniques, forms, kicks, weapon drills and forms, fighting techniques and board breakings.

Cheryl Klinekole, head instructor, would like to congratulate Mickayla and Andrea Curtis on a job well done.

Photos by Rosemary Stephens and Rebecka Lyman

Custer County Sheriff's department taking back unwanted prescription drugs

Clinton, OK-On Saturday April 28, 2012 from 10 a.m. to 2 p.m. the Custer County Sheriff's Department in conjunction with the Indian Health Service (IHS) Clinton Indian Health Center Pharmacy Department and the Drug Enforcement Administration (DEA) will give the public another opportunity to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs. Those individuals interested should bring their medications for disposal to the Clinton Indian Health Center located 10321 N. 2274 Road in Clinton, Okla. The service is free and anonymous, no questions asked.

In October 2011, Americans turned in 377,080 pounds, 188.5 tons, of prescription drugs at over 5,300 sites operated by the DEA and nearly 4,000 state and local law enforcement partners. In its three previous take back events, DEA and its partners took in almost a million pounds, nearly 500 tons, of pills.

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines, flushing them down the toilet or throwing them in the trash, both pose potential safety and health hazards. Utilization of this service ensures the medications are disposed of properly and in an eco-friendly manner.

This service also highlights the need for consistent and appropriate safe storage of prescription medications. Below are tips for safeguarding medications, lock up potentially abused medications (do not leave in plain sight), store medications in original containers, keep inventory of medications, properly discard expired or unneeded medication, keep medications out of the reach of children, do not take medicine in front of children (they might mimic your behavior) and do not share medicine.

Four days after the first event, Congress passed the Secure and Responsible Drug Disposal Act of 2010, which amends the Controlled Substances Act to allow an ultimate user of controlled substance medications to dispose of them by delivering them to entities authorized by the Attorney General to accept them. The Act also allows the Attorney General to authorize long term care facilities to dispose of their residents' controlled substances in certain instances. DEA is drafting regulations to implement the Act, a process that can take as long as 24 months. Until new regulations are in place, local law enforcement agencies like the Custer County Sheriff's Department and the DEA will continue to hold prescription drug take-back events every few months.

Submitted by Dr. Henrietta Mann

CATC CORNER

The Cheyenne and Arapaho Tribal College (CATC) is pleased to announce a unique three-week, six credit summer course to be held on the Southwestern Oklahoma State University Campus (SWOSU) campus June 6-28, 2012. The course is titled *Ethnographic Filmmaking* and is a joint venture between the City College of New York (CCNY) and CATC.

CCNY is the first college of The City University of New York (CUNY), which consistently has provided a world-class higher education to its diverse student body. In 1847, its founder Townsend Harris, articulated its vision, which is "*Open the doors to all. Let the children of the rich and the poor take their seats together and know of no distinction save that of industry, good conduct, and intellect."* This partnership with CATC is in keeping with the vision of CCNY as students share their distinctiveness with one another as global citizens.

The course is designed to be a collaborative exchange between CCNY filmmaking students and students from CATC, which will begin by developing an understanding of contemporary Cheyenne and Arapaho life ways. Students will work in teams representative of each institution, who will digitally record Cheyenne and Arapaho people and edit five to ten-minute documentary segments of Cheyenne and Arapaho life. The finished product will be presented at CATC, CCNY, Santa Fe University, Stanford University and the Smithsonian Institution's National Museum of the American Indian.

The course will be co-taught by Professors Campbell Dalglish, Lotti Silber and Robert Vetter from CCNY and Alden Whiteman, CATC Professor and Vice-President for Development and Planning. They will work with and under the guidance of local tribal elders. CCNY students will bear the costs associated with enrolling in the course. A limited number of $500 scholarships will be available.

This is an educational experience of a lifetime so please consider enrolling in this three-week course, which will meet daily from 8 a.m.-5 p.m. Interested individuals should contact Gail Wilcox, administrative and admissions officer of CATC at (580) 774-3139.

On the road again

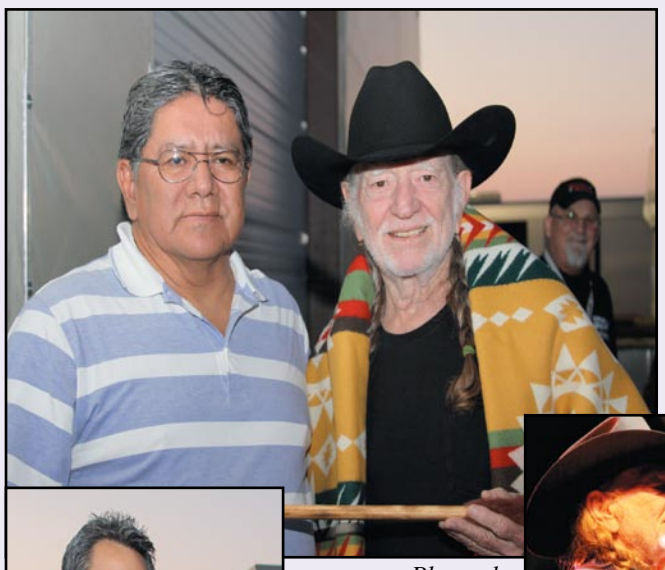
Music legend, Willie Nelson and Family performed in front of a sold out crowd April 6, 2012 at the Lucky Star Casino Event Center in Concho, Okla.

Nelson performed his all time hits, *Always on My Mind, Angel Flying Too Close to the Ground* and some of his latest releases, *When I Die*.

On behalf of the Cheyenne and Arapaho tribes', Arapaho Chief Allen Sutton presented Nelson with a peace pipe and a pendleton blanket before the show.

Upcoming shows include Buckcherry, James Durbin and Redlight King April 28, Hinder on May 17, LL Cool J June 23 and comedian Ron White June 30.

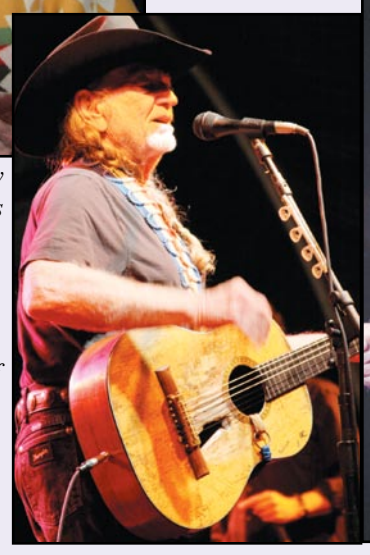
For more information on upcoming events visit www.luckystarcasino.org.



Photos by Rosemary Stephens

Above: Arapaho Chief Allen Sutton presents Willie Nelson with tokens of appreciation.

Left: Freddy Ramirez and Willie Nelson.



WE'VE GOT YOUR GAME!

Lucky Star entertainment

Larry Hernandez
April 21 Concho

Buckcherry *April 28 Concho* • **Hinder** *May 17 Concho*
New Edition - Featuring All Original Members *June 2 Concho*
LL Cool J *June 23 Concho* • **Ron White** *June 30 Concho (2 Shows)* • **Boston** *July 14 Concho*

Tickets available at **Lucky Star Casino Box Offices**, online at Ticketstorm.com or by phone at **866-966-1777**.

7777 North Hwy 81 • Concho, OK 73022 • 405-262-7612 | 101 N. Indian Hospital Rd. • Clinton, OK 73601 • 580-323-6599
301 NW. Lake Rd. • Canton, OK 73724 • 580-886-2490 | 1407 S. Clarence Nash • Watonga, OK 73772 • 580-623-7333

Lucky Star CASINO
CONCHO • CLINTON • CANTON • WATONGA
An Enterprise of the Cheyenne and Arapaho Tribes

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